

Avgolemono Soup

From – Sue and Ted Farrand

Yields 4 servings

4 c. lower sodium vegetable or chicken broth

1/4 c. orzo

1 large egg

2 egg yolks

1 lemon, grated for zest and juiced, plus more for garnish

Kosher salt

Freshly ground black pepper

2 cups shredded cooked chicken (optional)

Toast, for serving

1. Bring broth to a boil in a medium saucepan over medium-high heat. Add orzo, and cook until al dente, 6 to 8 minutes.
2. While orzo cooks, whisk together egg, egg yolks, lemon zest, and lemon juice in a bowl until foamy and pale yellow.
3. When orzo is ready, pour 1/2 cup of hot stock into egg mixture in a slow, steady stream, whisking constantly.
4. Lower heat to medium-low, and slowly pour egg-soup mixture back into saucepan, whisking constantly.
5. Simmer gently, stirring frequently, until this enough to coat the back of a wooden spoon, 8 to 10 minutes. Season with salt and pepper. (You can add the chicken at this point. Cook long enough to warm it through – about 2-3 minutes.)
6. Serve immediately with toast; garnish with lemon zest and black pepper.