

Ann's Avgolemono (Egg-Lemon Soup)

Ingredients

- 6 cups of strained chicken broth (ideally made from a chicken or a chicken carcass)
- Seasoning to taste (salt and pepper)
- Dried Dill Leaf tips (optional – to taste)
- ½ cup long grain rice
- 3 large eggs
- 2-4 tablespoons Lemon Juice (or to taste)

Instructions

1. In a large saucepan over medium-high heat, bring the chicken broth to a simmer
2. Add rice, and simmer it, covered for about 20 minutes, or until it is just tender
3. Turn down heat so the broth stays hot but does *not* boil
4. In a medium bowl, beat the eggs with a wire whisk or a fork until they are light
5. Beat in the lemon juice
6. Slowly add about ¼ cup of hot broth to the egg-lemon mixture, while constantly stirring
7. Gradually add this mixture back to the broth remaining in the pan, stirring constantly
8. Continue stirring and heating for about 1-2 minutes, or until soup thickens slightly
9. *Do not boil the soup or the eggs will curdle*

Makes about 6 servings

Notes:

A good way to break the Yom Kippur fast with this light soup.

A favourite on many other occasions too. This recipe comes from a wonderful book called "The Jewish Festival Cookbook" - An International Collection of Recipes and Customs, by Gloria Kaufer Greene, published in the UK in 1988 – when I bought it. It. Now no longer available. I have made many of the recipes – some need more adaptation than others to make the cooking process easier and more modern – but this soup is quick and easy to prepare.

Ann Desmond
Wellington, New Zealand