



VELVETY GREEK AVGOLEMONO

Avgolemono

45 MIN • APPRENTICE • MEDITERRANEAN



INGREDIENTS

SAUTÉ BASE

- 2 chicken fillets (approx. 450g)
- 1 medium red onion, diced
- 1 medium carrot, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- Salt and black pepper

AVGOLEMONO SAUCE

- 2 large eggs
- Juice of 2 lemons (fresh, not bottled)

SOUP

- 1.2 litres (5 cups) chicken stock
- 2 bay leaves
- 80 to 100g orzo

TO SERVE

- Fresh dill or parsley
- Drizzle of olive oil

INSTRUCTIONS

STAGE 1: SAUTÉ THE BASE

1. Lightly coat a hot pan with olive oil. Add the red onion and cook for 2 to 3 minutes until it softens and starts to colour at the edges.
2. Add the carrot and celery. Cook for another 3 to 4 minutes without stirring too often, you want the vegetables to catch some colour, not steam. Season with oregano and thyme.
3. While the vegetables are doing their thing, season the chicken fillets on both sides with salt and pepper and let them sit for a moment. In a separate pot, start warming the stock gently with the bay leaves.
4. Add the garlic to the pan and let it cook for 1 to 2 minutes until lightly golden. Watch it closely, garlic goes from golden to bitter fast.
5. Push the vegetables to one side. Add a little more oil and place the fillets in the pan on high heat. Do not move them. Let a proper crust form on each side, that is the layer that will dissolve into the broth and give the soup its depth. Once done, transfer the vegetables and chicken into the pot with the warm stock.

STAGE 2: BUILD THE SOUP

1. Bring to a boil, then reduce the heat to a gentle simmer. Cook for 8 to 10 minutes.
2. Check the chicken, it should be starting to pull apart easily. Remove the fillets and shred them into long strips while the soup continues to simmer.
3. Add the orzo and cook for 7 minutes, stirring occasionally, until tender but still with a little bite.
4. Remove the bay leaves. Return the shredded chicken to the pot. Taste and adjust the salt, then turn off the heat.

STAGE 3: MAKE THE AVGOLEMONO

1. In a bowl, whisk the eggs until smooth and slightly frothy.
2. Squeeze in the juice of both lemons and whisk to combine. The mixture should look pale and foamy.
3. Now the part that matters: take the pot off the heat. Start by letting just a few drops of hot broth fall from the ladle into the egg mixture, whisking as you go. Then slowly pour in one full ladleful in a thin stream, still whisking. Add a second the same way. This is tempering, you are gently bringing the eggs up to temperature so they silken the soup instead of scrambling in it.
4. Pour the tempered mixture back into the pot, stirring as you go. Do not bring the soup to a boil after this point, the texture will break.

STAGE 4: SERVE

1. Ladle into bowls straight away. Finish with fresh dill or parsley and a drizzle of olive oil, and your beautiful Greek soup is ready.

NUTRITIONAL VALUE

Per serving (approx. 400g, based on 4 servings):

~380 kcal

CALORIES

14g

TOTAL FAT

28g

CARBOHYDRATES

32g

PROTEIN



LANTERN KITCHEN STORIES