

Avgolemono

Avgolemono (Egg/lemon soup) is a simple and delicious Greek soup and it's on the menu tonight. I'm surprised this dish hasn't caught on in a big way across America. Just a few ingredients and it's easy to prepare. This robust soup is old-world delicious and nutritious.

Preparation time: 55 minutes - Servings: 4

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on the countertop so that everything's at your fingertips and ready to add to the recipe. It's easier to cook when your organized.

Avgolemono

2/3 C. uncooked rice mixed with
4 C. water
and
1 Not-chick'n bouillon cube

1 tsp. olive oil
2 cloves garlic (smashed and chopped)
1/2 C. sweet onion (thin-sliced)

4 eggs (separated)
1/2 C. fresh squeezed lemon juice (2-3 lemons)
2 C. low-sodium vegetable broth

1 tsp. ground black pepper
1/3 C. good olive oil

1-2 C. low-sodium vegetable broth (as needed
to thin soup)

Bread and Salad

1 loaf Artisan Bread

fixings for a green salad

Chicken or Plant-based Choice

Plant-based Choice:

20 pieces Morningstar Chik'n Strips
1 tsp. olive oil
1/4 C. white wine

- or -

Optional Chicken:

1 chicken breast
1 tsp. olive oil
1/2 C. white wine

Creamy Cucumber Dressing

1 C. cucumber (peeled, seeded, cut into
1" pieces)
1 whole garlic clove (peeled)
1/3 C. yellow onion (finely chopped)
1 tsp. Dijon mustard
1/2 tsp. salt
1 tsp. fresh savory leaves
2 T. rice wine vinegar
2 T. olive oil
3/4 C. plain, nonfat yogurt
fresh ground pepper to taste

OPTIONAL – 1 T. crumbled Feta cheese

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by bringing rice, water and bouillon cube to a boil in a large saucepan. Reduce heat to low, cover and cook 25 minutes. When the timer sounds, you'll have the base for the soup.

Plant-based Choice or Optional Chicken

Plant-based Choice:

Brown 20 pieces Morningstar Chick'n strips, or equivalent product, in oil. Add wine, cover and remove from heat. Allow to cool. Cut strips in half lengthwise and break them into smaller pieces.

Optional Chicken:

Brown chicken breast in oil. Add 1/2 C. white wine, reduce heat to medium-low, cover, and cook 5 minutes per side. Allow to cool and chop.

Avgolemono

1. Sauté garlic and onion in oil until onion becomes translucent. Set aside.
2. Separate eggs. Place yolks in a small bowl and whites in a large (4-Cup) bowl. Whisk egg whites until they form stiff peaks. Whisk yolks until well blended and whisk in lemon juice. Fold yolk/lemon mixture into whites. *
3. Once rice is cooked, add low-sodium vegetable broth to rice, return to a boil. Reduce heat to medium and slowly ladle egg mixture into the boiling rice/broth mixture. Continue to stir gently as you add. You want broth/rice mixture to thicken. Keep stirring for about a minute after all egg mixture and lemon are added.
4. Add black pepper, olive oil, garlic/onion mixture and cooked meat of choice to soup.
5. Use extra low-sodium vegetable broth to thin the soup to desired consistency. Reduce heat to simmer. Stir occasionally.

Bread, Salad and Dressing

Wrap bread in foil and place in a 225° oven for 10 - 15 minutes. Slice just before serving.

Make individual green salads on side plates.

Blend dressing ingredients in a food processor. If you can't find fresh savory, use fresh dill, or 1/2 tsp. dry dill.

Serve bowls of hot soup with warm bread and salad on the side.

What I've Learned from this Recipe

* You can also use a hand mixer instead of a whisk to beat the white to the desired thickness. The folding technique requires a large spoon to gently lift and turn the two mixtures together. It's a more gentle treatment than stirring.

Let us know what you think, and ask any questions you may have. chezdon@plate6.com