

***Avgolemono Soup***  
(Greek Egg Lemon Soup)

Avgolemono soup is a classic Greek dish that can trace its origins to the Sephardic Jews of the Iberian Peninsula. The recipe started out as agristada, a Sephardic Jewish egg-and-lemon sauce that originated in Spain before the expulsion of the Jews in 1492. This sauce was developed as a way to thicken and enrich dishes in a kosher way, without dairy, using tempered eggs. The soup, or sauce, then traveled with Sephardic communities to the Ottoman Empire, modern-day Turkey, the Balkans, and eventually to Greece, where it became a national dish.

**Ingredients**

8 cups good chicken stock  
2 lbs. cooked chicken  
½ cup rice  
3 eggs  
1/3 cup fresh lemon juice  
Salt  
Lemon wedges

**Utensils**

knife and cutting board  
measuring cup  
large cookpot with lid  
mixing bowl  
lemon reamer  
wooden spoon  
electric mixer

Set out the eggs until they are at room temperature. Cook the chicken. This can be baked or boiled. Shred the cooked chicken. Juice the lemons. The dish can be prepared up to this point in advance.

On the stove top, in a large cook pot with a lid, bring the stock to a boil. Add the rice and cook covered for 20 minutes or until the rice is tender. Add salt to taste. Crack the eggs into the mixing bowl and using the electric mixer beat the eggs until they are thick and foamy. Add the lemon juice. Slowly add about 2 cups of the stock to the egg mixture, beating constantly. This will temper the eggs. You do not want to curdle the eggs. Add the mixture back to the cook pot and add the cooked chicken. Heat on low until the mixture is hot. DO NOT let the mixture boil. Serve with lemon wedges for extra lemon flavor.