

Avgolemoni Soup

INGREDIENTS

- 1 chicken
- 6 eggs
- Juice of 4 lemons
- 1.5 cups long grain rice
- 2 chicken stock cubes
- Salt and pepper

METHOD

- Put your chicken in a large pan and just cover with cold water
- Bring to the boil and simmer for 1 to 1.5 hours (depending on size of chicken) till fully cooked
 - Remove chicken and set aside
 - Spoon off any scum or excess fat from the top of the broth
 - Add rice & stock cubes and simmer for 20 mins
 - Turn heat off
- In a large bowl beat eggs and gradually add in lemon juice, mixing well
- Next is the most important part of the process so please take your time with it ... you don't want to scramble the eggs
- You now have your hot broth in the pan and eggy mix in a bowl
 - Very slowly, add a little of the broth to the egg mix and stir through. I do mean a little ... a tablespoon or so to start with. Then add a little more. Soon the eggy mix will be warmer and you can now start adding it into the pan. Again, do this very gradually till all the eggy mix is in the pan
 - Shred the chicken, discarding the skin and bones. Add the shredded chicken into the soup and check for seasoning
 - If needed add a little salt and lemon. I always add more lemon because I love it really lemony
 - Definitely a family favourite!