

# Avgolemono

From *A Year in Chicken Soup* by Hattie Garlick on Talking of Food.

## Ingredients

5–6 cups	chicken broth
6 tbsp	pudding rice
3	eggs
1 or 2	lemons
	chopped parsley to garnish

## Method

The broth is best when you boil a fresh chicken but you can also make it from left over bones etc from a baked chicken though it won't taste as strong.

Cook the rice in the chicken broth for half an hour, then lower the temperature to 1 or 2 when the rice is cooked.

Beat the eggs in a bowl. Squeeze one or two lemons, depending on how sour you like your food. Then, with a ladle, spoon the hot broth slowly into the egg mixture beating continuously. Make sure you do this one step at a time, otherwise the egg mixture will curdle.

Keep adding alternatively the lemon juice and the hot broth into the bowl until you think the temperature is about the same in both the bowl and the broth, then empty the egg mixture into the pot, stir and lower the temperature. Make sure the soup does not boil after this point, otherwise it will curdle.

Season, add chopped parsley and add more lemon if you like or pieces of boiled chicken for a more substantial meal