

## Avgolemono (Papa Soup)

| <u>Ingredient</u>         | <u>Quantity</u>                                 | <u>Instruction</u> |
|---------------------------|---|--------------------|
| roasted chicken carcasses | 3   |                    |
| yellow onion              | 1 large   | quartered          |
| orange carrots            | 3 large   | halved             |
| celery                    | 3 sticks  | halved             |
| garlic cloves             | 4 large   | peeled             |
| whole black peppercorns   | 1 tsp   |                    |
| orzo                      | 1 pound   |                    |
| butter                    | 3 TBLSP   |                    |
| chicken meat              | 2 cups or more, cut into bite-sized pieces      |                    |
| lemon juice               | 1/3 cup (3 to 4 lemons)                         |                    |
| egg yolks                 | 2 large (save the whites for forgotten cookies) |                    |
| yellow onion              | 1 medium  | diced              |
| orange carrots            | 3 large   | diced              |
| celery                    | 3 sticks  | diced              |

### Make the chicken stock.

- In a large stock pot, put the first set of ingredients from chicken bones to peppercorns & cover with water. Bring to a boil. Reduce the heat so the stock simmers uncovered. I usually simmer the stock for three hours after it boils; the time depends upon the amount of bones & the amount of water. If the carcasses are frozen, the water won't cover them until they cook for about an hour. Use a flat-edged wooden spoon to gently break up the carcasses & submerge them.
- After two or three hours, or when the flavor seems strong enough to you, strain it through a large strainer into a large bowl & freeze it, or leave it in the large bowl to use today or tomorrow.
- Throw away the cooked bones & veggies.
- Skim & throw away the fat layer that congeals on the top as the stock cools.
- Save 2 cups of stock for the purée step.

### Cook the orzo.

- In a large stock pot, boil a pound of orzo in salted water, al dente, about 10 minutes. Taste it for doneness before dumping it.
- Dump it into a colander, & rinse it well in cold water. Don't cook the orzo completely because it will continue cooking in the soup.
- Save 1 cup of cooked orzo for the purée step.

## **Avgolemono (Papa Soup)**

### Make the soup.

- In a large stock pot, melt the butter.

### If your chicken meat is raw,

- then cook it in the butter about 5 minutes until no sides are pink. Add the third set of ingredients from onion to celery and sauté another 5 minutes.

### If you have leftover cooked chicken meat,

- then sauté the third set of ingredients from onion to celery for 5 minutes.
- Add the chicken stock that remains after saving the 2 cups and bring the soup to a simmer.
- In a blender, purée the saved 2 cups of stock with the saved 1 cup of cooked orzo, 2 large egg yolks, & 1/3 cup of lemon juice. VERY SLOWLY add the blended purée into the hot soup while constantly whisking so the eggs don't firm up. Stir the rest of the cooked orzo into the soup. If you are using already cooked chicken, add it now. Taste, & adjust salt, black pepper, & lemon.

### **NOTE:**

The carrots need to be orange carrots, not purple, & the onions need to be yellow onions, not purple, because purple carrots & onions turn the broth gray.

Freeze the bones from every chicken that you roast to use later for stock.

If you don't have roasted chicken carcasses, you can use a whole, fresh chicken to make broth. This broth will be more delicate than the stock made from roasted chicken bones. Boxed broth is a last resort.

Opa!