

AVGOLEMONO SOUP WITH CHICKEN, MEYER LEMON, AVOCADO & BITTER GREENS

A very nutritionally rich and deliciously savory soup derived from Greek cultural cuisine.

Prep Time: 15 minutes | Cook Time: 20 minutes | Yield: 4–6 servings

Ingredients

- 6 cups rich chicken bone stock, hot but not boiling
- 2 cups shredded organic free-range chicken, warm
- 3 large pastured organic eggs, room temperature
- $\frac{1}{2}$ cup fresh Meyer lemon juice (about 3–4 lemons) *reserve zest
- $\frac{1}{2}$ teaspoon sea salt, or to taste
- Freshly cracked black pepper, to taste

To Finish:

- 1 ripe avocado, small dice
- 1–1 $\frac{1}{2}$ cups shredded bitter greens (chicory, dandelion, escarole, or mustard greens)
- $\frac{1}{4}$ cup diced pickled red onions
- Optional: Meyer lemon *zest or extra virgin olive oil



CHEF CULTURES



Directions

1. In a medium saucepan, bring the chicken bone stock to a gentle simmer. Add the shredded chicken and keep warm over low heat. Do not boil.
2. In a bowl, whisk the eggs until smooth and slightly frothy. Slowly whisk in the Meyer lemon juice.
3. While whisking constantly, slowly ladle 1–2 cups of the hot stock into the egg-lemon mixture to temper the eggs.
4. Reduce heat to low. Slowly pour the tempered egg mixture back into the pot, stirring gently. Cook 2–3 minutes until silky and slightly thickened. Do not boil.
5. Season with sea salt and freshly cracked black pepper to taste.
6. Ladle into warm bowls and finish with diced avocado, shredded bitter greens, and pickled onions. Add lemon zest or olive oil if desired.

Chef Ron's Notes

- The finished soup should lightly coat the back of a spoon—silky, not thick.
- Adding the bitter greens at service preserves their texture, color, and nutritional integrity.
- Avocado provides richness similar to cream while keeping the soup dairy-free.
- This recipe is ideal for teaching egg tempering and balancing fat, acid, and umami.