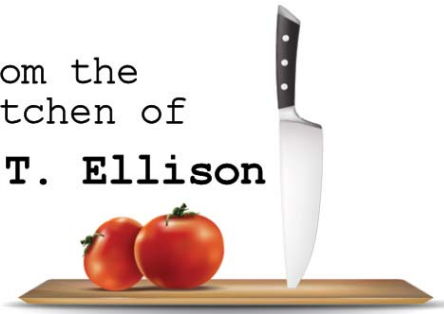


From the
kitchen of

J.T. Ellison



Ingredients:

- ✓ 2 large chicken breasts, cut into 2 to 3 inch pieces, seasoned generously with salt and pepper
- ✓ 2 tablespoons EVOO
- ✓ 1/2 half medium onion, diced small
- ✓ 2 stalks of celery, diced small
- ✓ 2 large carrots, diced small
- ✓ 8 cups chicken stock
- ✓ 1 cup starchy rice such as Arborio or orzo pasta (long grain brown rice works too)
- ✓ 1 to 2 teaspoons salt, divided
- ✓ 3 eggs, whisked
- ✓ 1/2 cup fresh lemon juice (2 lemons), juice divided
- ✓ 1 to 2 teaspoons black pepper
- ✓ Fresh parsley or dill

Avgolemono

(serves 6 to 8)

A special treat for those suffering from the summer cold – [Avgolemono](#) – Greek Lemon Chicken Soup. I got this recipe from my friend Betsy Koch, and it has saved me this week. There's nothing better than chicken soup when you're feeling puny, and the lemon helps clear the sinuses.

This is a lemony version of Avgolemono. If that makes you nervous, cut back the lemon whisked in with the eggs to 1/4 cup and add more to taste. (Note: the lemon flavor gets more concentrated as the soup thickens. Use caution in using more than 1/2 cup (the juice of two lemons)).

In the event, the soup is too lemony or thick for your tastes, you can thin it with another cup or two of chicken stock. If you prefer a thicker soup, reduce the amount of stock by a cup or two; you do so, you'll also need to reduce the amount of lemon juice.

Fresh parsley and/or dill are more than garnish with this soup. Don't skip it.

Directions:

- Cut chicken breasts into large pieces (2 to 3 inch pieces, about same thickness) and season generously with salt and pepper. Set aside.
- In a large pot, heat olive oil on medium heat. Add the diced onion, celery and carrots. Sauté for about two minutes. If the vegetables and bottom of the pot are completely dry, drizzle in about a tablespoon more of olive oil and add the chicken pieces. Lightly brown on both sides, stirring vegetables to avoid over browning. Add chicken stock, rice, and 1 teaspoon salt. Bring to a slow boil, then reduce heat to low. Simmer for about 15 – 20 minutes until chicken and rice are cooked.
- Remove 1 1/2 cups broth and set aside in a separate small bowl. Set aside to cool slightly. Remove chicken with tongs and shred with a fork. Set aside separately. (2 large chicken breasts make about 3 cups shredded chicken).

(continued)

*As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.
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The Wine Vixen, at TheWineVixen.com.*



Avgolemono (cont'd)

- In a separate medium bowl, whisk the eggs with 1/2 cup lemon juice (use about 1/4 cup lemon juice for a more subdued lemon accent). Whisk in about 1/4 cup of the set aside chicken broth into the egg mixture to temper the eggs – so they do not curdle. Repeat again, incrementally and slowly adding more broth as you whisk. After you've incorporated all the set aside broth into the egg mixture, slowly add it to the large pot of soup, whisking quickly to incorporate.

Return the shredded chicken to the pot – heat throughout. Note: the heat should be on low and the soup should not boil again. Add the black pepper and adjust the salt. Serve hot and top with fresh parsley or dill. Avgolemono will thicken as it sits

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