

Spring Veggie Avgolemono

Serves 2 to 3:

Ingredients

1 half split chicken breast (about 1/2 pound)
olive oil
kosher salt and freshly ground black pepper
4 cups chicken stock, preferably homemade or low sodium
8 ounces shelled peas
2 carrots, peeled
1/4 cup orzo
2 large eggs
zest of 2 lemons
1/4 cup freshly squeezed lemon juice
1 tablespoon minced fresh parsley
1 tablespoon minced fresh cilantro

Preparation

Preheat the oven to 375 degrees.

Place chicken breast on baking sheet, rub with oil, and season with kosher salt and ground black pepper.

Place in the oven and roast for 35 to 40 minutes, until an instant read thermometer reaches 160 degrees.

Let rest until cool.

Pull off the skin, remove the flesh from the bone, and shred the meat with your fingers.

In a dutch oven or soup pot, bring chicken stock to a low simmer.

Bring a small saucepan filled with water to a boil.

Add the peas, bring back to the boil, and blanch for 3 to 4 minutes--they should be al dente.

Remove with a spider strainer and shock them in an ice water bath to stop the cooking.

Bring the water in the saucepan back to the boil.

Chop 2 peeled carrots so that the dice is about the same size as the peas.

Add the dice to the boiling water in the saucepan, bring back to the boil, and cook for 3 to 4 minutes.

Again, remove the carrots from the pan with a strainer and shock in the ice water bath.

Drain both vegetables and set aside.

Bring the water in the pan back to the boil.

Add 1/4 cup orzo to the water and boil for 2 to 3 minutes less than package directions--extra al dente.

The pasta will continue cooking in the chicken broth, so you don't want it to be too mushy.

Stir the peas, carrots and orzo into the chicken broth.

Add the shredded chicken and bring to a simmer.

Taste and season with kosher salt and finely ground black pepper to taste.

In a medium bowl, beat the eggs with a whisk.

Use a microplane or grater to zest 2 lemons; add the zest to the eggs.

Juice the lemons to equal 1/4 cup juice and whisk the juice into the eggs until frothy.

Use a pyrex measuring cup to scoop about a cup of hot broth from the pot.

To temper the eggs so they won't curdle in the soup, slowly whisk hot broth into lemon-egg mixture.

When all the broth is incorporated, it should be foamy and smooth.

Stir the tempered lemon-egg mixture into the soup.

Bring back to the simmer, being careful not to let it boil.

Taste and adjust seasoning, adding more salt or lemon juice if needed.

Ladle into shallow bowls and sprinkle with the freshly minced parsley and cilantro leaves.

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