



### **Avgolemono Chicken Lemon Soup**

*A Greek family favorite dish, filled with rich, tangy broth and tender chicken*

Prep time: 20 minutes

Cook time: 1 hour 30 minutes

Yield: 6 to 8 servings

#### **Ingredients:**

1 whole chicken (about 3 pounds, or 1.4 kg), trimmed  
2 ribs celery, roughly chopped  
2 medium carrots, roughly chopped  
1 medium red or gold potato, roughly chopped  
1 small white onion, finely chopped  
1 clove garlic, minced  
1 teaspoon salt, plus more for serving  
1 teaspoon ground black pepper, plus more for serving  
1 cup (180 g) white basmati rice, rinsed until the water runs clear and drained  
2 large eggs, whites and yolks separated  
1 tablespoon cold water  
Juice of 1½ lemons, divided, plus more for serving

**Directions:**

1. Place the chicken in a large pot and fill with enough water to cover it. Bring the water to a boil, then continue boiling for about 5 minutes. Drain the water from the pot. (This is a step that my aunt has added to a lot of her meat recipes to properly clean the meat.)
2. Refill the pot with enough water to cover the chicken. Add the celery, carrots, potato, onion, garlic, salt, and pepper and bring to a boil. Reduce the heat to low and let simmer for 1 hour, or until boiled, tender, and cooked through and no longer pink with an internal temperature of 165°F (74°C). (If white foam forms on the surface of the water, remove it with a spoon.)
3. While the chicken simmers, soak the rice for about 20 minutes, then drain in a colander and set aside.
4. Remove the chicken from the pot to a cutting board. Using a wooden spoon or ladle, mash the vegetables in the chicken broth. Add the rice to the pot and bring to a boil. Turn off the heat, cover the pot, and let sit for 10 minutes.
5. Meanwhile, dice the chicken (light and dark meat) into smaller chunks.
6. For the egg-lemon sauce (avgolemono), in a small bowl, whisk the egg whites until frothy. Add the egg yolks and cold water and whisk again until frothy.
7. Add half of the lemon juice to the soup, then bring it to a simmer. Whisk the remaining lemon juice in with the eggs, then slowly add the egg-lemon mixture to the soup, one ladleful at a time, preventing it from burning. Mix carefully, making sure the egg does not curdle. Cook for 4 to 5 minutes, then remove the pot from the heat.
8. Add the chicken to soup bowls, ladle the broth over it, and serve with more chicken, lemon juice, salt, and pepper. (If there is leftover soup, try not to cover the soup until it is fully cooled because the sauce will curdle.)

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**Food Photography:** Sheneur Menake

**About the Recipe:** Avgolemono (Greek Lemon Chicken Soup) is a classic and comforting dish filled with a rich, tangy broth and tender chicken. Carefully blended with egg and lemon, it gains a silky texture that perfectly complements the delicate flavors of the chicken without overpowering them. Easy to prepare and always a family favorite, it brings the warm taste of Greek tradition right to your table.