

Greek Chicken and Rice Soup with Egg and Lemon

America's Test Kitchen: The Best Of 2018, p17
Serves 4-6

1 ½ pounds boneless, skinless chicken breasts, trimmed
Salt and Pepper
12 (3-inch) strips lemon zest plus 6 tablespoons juice, plus extra juice for seasoning (3 lemons)
2 sprigs fresh dill, plus 2 teaspoons chopped
2 teaspoons coriander seeds
1 teaspoon black peppercorns
1 garlic clove, peeled and smashed
8 cups chicken broth
1 cup long-grain rice
2 large eggs plus 2 large yolks



Photography: America's Test Kitchen

1. Cut each chicken breast in half lengthwise. Toss with 1 ¾ teaspoons salt and let stand at room temperature for at least 15 minutes or up to 30 minutes. Cut 8-inch square of triple-thickness cheesecloth. Place lemon zest, dill sprigs, coriander seeds, peppercorns, and garlic in center of cheesecloth and tie into bundle with kitchen twine.
2. Bring broth, rice and spice bundle to boil in large saucepan over high heat. Reduce heat to low, cover, and cook for 5 minutes. Turn off heat, add chicken, cover, and let stand for 15 minutes.
3. Transfer chicken to large plate and discard spice bundle. Using 2 forks, shred chicken into bite-size pieces. Using ladle, transfer 1 cup cooked rice to blender (leave any liquid in saucepan). Add lemon juice and eggs and yolks to blender and process until smooth, about 1 minute.
4. Return chicken and any accumulated juices to saucepan. Return soup to simmer over high heat. Remove saucepan from heat and stir in egg mixture until fully incorporated. Stir in chopped dill and season with salt, pepper, and extra lemon juice to taste. Serve.