

Foods 9-10

## Avgolemono for two

RC Palmer

### (Greek Egg Lemon Soup)

#### INGREDIENTS:

500 mL of chicken stock  
30 mL orzo pasta  
1 egg  
juice of 1/4 lemon  
salt and black pepper



#### METHOD:

1. Pour the stock into a saucepan, and bring to a boil. Add the pasta and cook for 5 minutes.
2. Beat the egg until frothy, then add the lemon juice and 5 ml of cold water. Slowly stir in a spoonful of the hot chicken stock, then add one more or two more. Return this mixture to the pan, turn off the heat and stir well.
3. Season with salt and black pepper and serve at once. Do not let soup boil once the eggs have been added or it will curdle.

## Greek Salad for two

#### INGREDIENTS:

1/2 cucumber, sliced into thick half moons  
1 Roma (plum) tomato, cut into wedges  
1/4 green pepper, diced  
8 pitted kalamata olives  
50 mL feta cheese, crumbled  
1/4 red onion, thinly sliced

#### Vinaigrette Dressing:

25 mL olive oil  
2 mL garlic powder or fresh garlic  
2 mL dried oregano  
2 mL dried basil  
5 mL lemon juice  
25 mL red wine vinegar



#### METHOD:

1. Add chopped cucumber, chopped tomato, green pepper, kalamata olives, feta cheese, and sliced red onion to serving bowl.
2. In a small bowl, whisk olive oil, garlic, dried oregano, basil, lemon juice, and red wine vinegar. Toss with salad when ready to serve.