



This soup reminds me of my childhood. My mother would make it on a cold day, and it would certainly do the trick of warming me up inside. As with many Greek soups, this one has an egg-lemon sauce added to it. Extremely easy to make, you will want to add it to your regular soup menu.

Greek Meatball Soup (Youvarlakia)

Ingredients

2 cups ground beef
1 cup ground veal
1/4 cup Italian style rice
1/2 cup parsley, chopped
1 onion, finely chopped
1 egg, lightly beaten
1 teaspoon Kosher salt
1 teaspoon fresh ground pepper
1/4 cup water
1/2 cup Italian style rice
6 cups water
1 tablespoon Kosher salt
2 tablespoon olive oil

Ingredients - Egg/Lemon Sauce

2 eggs
Juice of one lemon

Instructions

Bring the water, salt, and oil to a boil over high heat. While the water is heating up, prepare the meatballs. Mix together the meats, egg, onion, 1/4 cup rice, salt, pepper, and parsley in a bowl. Add the 1/4 cup water to the mix. The mixture should be loose. Using a tablespoon, form round even balls. Refrigerate them for 15 minutes to prevent them from breaking up while boiling.

Turn the heat down to medium and drop the prepared balls into the boiling water. Cook for 30 minutes and then add the 1/2 cup of rice into the water. Stir so the rice does not stick to the bottom of the pot. Cook for an additional 30 minutes or until the rice is soft and tender.

While the soup is cooking, prepare the egg-lemon sauce. Hand whisk the egg whites until frothy in a metal bowl (this will help when tempering). Add the yolks and lemon juice and whisk until combined. Using a ladle, temper the eggs by drizzling in the warm water into the eggs. Continue to drizzle the warm water until the metal bowl feels warm to the touch. When ready, pour in the egg mixture into the soup. Shake the pot so the egg-lemon sauce gets distributed throughout.

Serves 4 to 6.