

Sour Chicken Soup

Ingredients

3-4 litres of water
Chicken parts
Carrots
Celery roots
1 Parsnip
1 Onion
2 egg yolks
Small carton of sour cream
Clove of garlic
Juice from 1 lemon
Salt and pepper to taste

How to make

1. In a soup pot add water and the chicken.
2. Boil for 1 hour, skimming the foam each time it rises to the surface.
3. Add the carrots, celery root, parsnips and onion then boil for 30 - 45 mins, or until the vegetables are cooked.
4. Remove the vegetables and the meat from the pot. Discard the onion and parsnip, shred the carrots and celery root with a grater and chop the chicken meat into pieces.
5. Put the carrot, celery and meat back into the pot.
6. Put 2 ladles of soup in a bowl and let them cool for 2-3 mins, leaving the rest of the pan cooking.
7. In another bowl beat 2 egg yolks and mix with the sour cream.
8. Press the garlic and add to the cream and egg mixture. Gradually add the two ladles of soup and whisk well. This will help temper the sour cream mixture, so it won't curdle.
9. Add lemon juice, salt and pepper to taste.
10. Let the soup boil for another 5 minutes.
11. Turn off the heat, then add the sour cream mixture to the rest of the pan while stirring continuously with a whisk.
12. Add finely chopped parsley and serve!

Bon Appetit!