



# Beef soup with egg-lemon sauce

20'

Hands on

120'

Cook Time

6-8

Portion(s)

1

Difficulty



## Method

- Place a **pot** over high heat and add 3 tablespoons olive oil.
- **Cut** the meat into small pieces and add it into a bowl. Add salt, pepper, the flour, and mix well. Dust off any excess flour.
- Add the meat into the pot and sauté for 3-4 minutes, until golden on both sides.
- Add the garlic coarsely chopped, the bay leaf, chicken bouillon cube, wine, and mix with a **ladle**.
- Add the water, cover with the lid, lower the heat, and simmer for 1 ½ hours.
- Cut the potatoes into cubes, the carrots into half-moons, the leek into rounds, the celery into small pieces, and add them into the pot. Cover with the lid again, and simmer for 30 more minutes.
- As soon as the soup is ready, add the leaf celery finely chopped, and mix.

For the egg lemon sauce

- In a bowl, add the lemon zest and juice, the eggs, salt, pepper, olive oil, and with a **hand whisk**, mix well.
- Slowly add 2-3 ladlefuls of the soup by constantly stirring.
- Transfer the mixture from the bowl into the pot, stir, and remove from the heat.
- Serve with pepper, lemon slices, and olive oil.

## Ingredients

- 1 kilo beef shank
- salt
- pepper
- 50 g all-purpose flour
- 3 tablespoons olive oil
- 1 clove of garlic
- 1 bay leaf
- 1 chicken bouillon cube
- 50 g white wine
- 1 ½ liter water
- 600 g potatoes
- 2 carrots
- 1 leek
- 2 celery stalks
- ½ bunch leaf celery

For the egg lemon sauce

- zest and juice from 2 lemons
- 2 eggs
- salt
- pepper
- 3 tablespoons olive oil

To serve

- pepper
- lemon slices
- 1 teaspoon olive oil

## Διατροφικός πίνακας

Nutrition information per portion

|                           |                          |                             |                            |
|---------------------------|--------------------------|-----------------------------|----------------------------|
| 369<br>Calories<br>(kcal) | 17.0<br>Total Fat<br>(g) | 3.4<br>Saturated<br>Fat (g) | 21.0<br>Total<br>Carbs (g) |
| 18%                       | 24%                      | 17%                         | 8%                         |
| 3.3<br>Sugars<br>(g)      | 31.0<br>Protein<br>(g)   | 3.3<br>Fibre (g)            | 1.7<br>Sodium<br>(g)       |
| 4%                        | 62%                      | 13%                         | 28%                        |