



# Pressure cooker Greek Easter soup - Magiritsa

30'

Hands on

15'

Cook Time

6-8

Portion(s)

1

Difficulty



## Method

- Place a pressure cooker with water over high heat until it boils.
- Add the lamb pluck, lemon slices, bay leaves, salt, peppercorns, and boil for 10-15 minutes.
- Regularly skim the foam. Drain and throw the water away.
- Place the same pressure cooker over high heat again, and add the olive oil.
- Finely **chop** the onion and the garlic, and add them to the pressure cooker.
- Cut the lamb pluck into small pieces, add them to the pressure cooker, and sauté for 8-10 minutes.
- Deglaze with the wine, add the bouillon cube, the water, and seal with the lid. Turn the safety valve to the proper pressure indicator, and boil at medium heat for 10 minutes.
- Turn the safety valve so that the pressure cooker depressurizes, and open the lid.
- Then, cut the spring onions into rounds, the lettuce and the dill into large pieces, and add them to the pressure cooker.
- Add the rice, seal with the lid, turn the safety valve to the proper pressure indicator, and boil at medium heat for 5 minutes.
- Depressurize the pressure cooker and open the lid.

For the egg lemon sauce

- In a bowl add the lemon zest and juice, the eggs, and mix with a hand whisk.
- Slowly add 5-6 ladlefuls of the magiritsa's stock, by stirring continuously.
- Transfer the mixture into the pressure cooker again, mix for a few seconds by shaking the pressure cooker, and remove from the heat.
- Add the dill into the pressure cooker and mix.
- Serve with olive oil, dill, and pepper.

## Ingredients

- 1 kilo lamb pluck (lungs, liver, heart)
- 2 lemon slices
- 2 bay leaves
- salt
- 10-15 peppercorns
- 3-4 tablespoons olive oil
- 1 onion
- 1 clove of garlic
- 50 g white wine
- 1 chicken bouillon cube
- 1 ½ liters water
- 5-6 spring onions
- 1 lettuce
- ¼ bunch dill
- 100 g glaze rice

For the egg lemon sauce

- zest and juice of 2 lemons
- 2 eggs
- ¼ bunch dill

To serve

- 1 tablespoon dill
- 1 teaspoon olive oil
- pepper

## Διατροφικός πίνακας

Nutrition information per portion

272 Calories (kcal)	12.0 Total Fat (g)	3.1 Saturated Fat (g)	11.0 Total Carbs (g)
14%	17%	16%	4%
1.6 Sugars (g)	28.0 Protein (g)	1.4 Fibre (g)	1.4 Sodium (g)
2%	56%	6%	23%