



Chef Rob Zack's Recipe:

STRACCIATELLA

Italian Egg Drop Soup

LET'S GET COOKING!

1. In a sauce pan over medium heat, add a bit of olive oil to just cover the bottom of the pan.
Add the onion and sauté for 2 minutes or until translucent.
Add the minced garlic and sauté for 1 minute
2. Add the seasonal vegetables and sauté for 5 minutes
More or less depending on vegetable - looking to cook until tender.
3. Add the stock and bring to a simmer. Cook for a few minutes to bring the flavors together.
4. Combine the eggs and the parmesan cheese in a mixing bowl and stir until combined and the egg fully blended/scrambled
5. With the soup at a simmer, slowly whisk in the egg/cheese mix.
The egg will cook in the stock into ribbons
6. Remove from the heat and season to taste with the fish sauce (approx. 1 teaspoon), lemon zest (approx. ½ each lemon), nutmeg (few grates on a microplate), salt, and pepper

INGREDIENTS:

- 1 quart of roasted chicken broth
- ½ cup yellow onion, small dice
- 1 tablespoon garlic, minced
- 2 cup - 3 types of seasonal vegetables, small diced (peas, carrots, asparagus.- whatever is in season and in fridge)
- 4 eggs
- ½ cup of parmesan cheese
- fish sauce
- lemon zest
- nutmeg, whole
- salt and pepper

Serves approx. 4 people

CHEF'S TIP:

Best to use home-made chicken broth

"I use leftover carcass from a previous night's chicken dinner, onion, garlic carrot, celery, water, and parsley.

I roast the carcass until golden then put everything in a pot and cook for 2 hours"



An Auberge Resort