



## Milanese Spinach Egg Soup

## RECIPE

### Ingredients

- Enough to fill pot; chicken broth, homemade. Vegetable broth is possible too
- Handful of each barley/spelt
- As much fresh spinach as you can clean and fit in pot (frozen spinach is ok if must)
- 1 egg per person
- Parmesan cheese; 1 heel + grated to taste
- Olive oil
- Salt & pepper

### Directions

- Add grains to broth
- Simmer ½ hour at low/medium heat
- Add heel of parmesan
- Generously add fresh spinach
- After another ½ hour mix the pot and add 1 egg/person
- Stir
- Serve with abundant sprinkle of grated parmesan cheese, a swirl of olive oil + salt & pepper to taste

### My tweaks

- I had just made Cornish game hens, so I made homemade chicken stock and when I strained, I picked out the tiny chicken pieces and left them in the soup too
- A big fan of buckwheat I used barley and buckwheat. Any grain will do, and the barley is part of what makes it creamy
- I used heaps of fresh spinach which I had meticulously cleaned prior to adding. NO cutting, I ripped it into medium sized pieces as I added it to the soup
- Not sure how this was going to go, I added one egg and ate the soup. WOW. I enjoyed it so much I added three more eggs, let them cook and when all was cooled (I put the pot outside the window for 1/2 an hour) I packed 3 portions to be eaten over the next 2 days, each with their own egg
- The cream on top. Adding the finely grated, fresh parmesan to the soup immediately after ladeling it into your bowl combines with the other ingredients creating a creamy sensation like eating perfectly savory velvet
- Enjoy with fresh crusty bread and a medium bodied Pinot Noir for dinner and at lunch with a glass of water followed by a good espresso