

STRACCIATELLA: ROMAN EGG DROP SOUP

Cooking Details

- **Yield:** 4 servings
 - **Preparation Time:** 10 minutes
 - **Cooking Time:** 15 minutes
 - **Total Time:** 25 minutes
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Ingredients

- 4 large eggs
 - 4 cups (1 liter) **meat broth** (homemade preferred)
 - 1 cup (3.5 oz / 100 g) **grated Parmesan cheese**
 - Zest of 1 lemon
 - A pinch of **ground nutmeg**
 - Salt, to taste
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How to Make Traditional Roman Stracciatella

Step 1 – Prepare the Broth

Use a homemade meat stock for the most authentic flavor. Simmer beef cuts (e.g., brisket, muscle, knee) and chicken with vegetables like onion, celery, garlic, and potato for 2–3 hours. Strain and season to taste.

Step 2 – Make the Egg Mixture

In a medium bowl, beat the eggs until smooth. Add grated Parmesan, a pinch of nutmeg, and a bit of fine salt. Mix well to create a creamy, uniform texture.

Step 3 – Add to Simmering Broth

Bring the broth to a gentle boil over medium heat. Slowly pour the egg mixture into the hot broth while stirring **constantly in one direction** with a fork or whisk. The eggs will form soft curds or *stracce*.

Step 4 – Simmer and Flavor

Let the soup simmer for about 5 minutes until the egg has fully set and formed fluffy ribbons. Add lemon zest for a fresh, citrusy finish.

Step 5 – Serve

Ladle into bowls and serve hot. Offer extra Parmesan on the side for those who want a richer taste.

Tips and Tricks for Perfect Stracciatella

- **Broth is Key:** Use homemade broth for the richest flavor. Avoid store-bought varieties that are overly salty or artificial.
- **Whisk Gently:** Stirring in one direction prevents the eggs from clumping too large.
- **Don't Overcook:** Once the eggs set, remove from heat to maintain a tender texture.
- **Brighten with Citrus:** Lemon zest balances the richness beautifully.
- **Make Ahead:** Broth can be made and frozen days in advance.