

Sunvil Supper Club

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April 2015 - **Mayiritsa Soup**



Ingredients

1 kg lamb offal (liver and kidney in this recipe)
5-6 spring onions, finely chopped (including the green ends)
3 medium romaine (cos) lettuce, roughly chopped
2 tbsps tomato paste
4-5 tbsps fresh dill, chopped
1/2 cup rice (optional)
1/2 a cup olive oil
salt and freshly ground pepper to taste

Method

Wash the lamb. In a large pot bring half a saucepan of water to the boil. Blanch the meat in the hot water for about 3-5 minutes. Drain and set aside to cool down for a while. Chop in small pieces and remove any excess fat.

Heat a large pot over medium heat and add the olive oil, the chopped spring onions and the meat. Sauté for 5-6 minutes, until browned. Add 2-3 glasses of hot water and tomato paste and simmer for about 10 minutes. Add the roughly chopped lettuce and dill and place the lid on. Cook for 10 minutes, remove the lid and season. Stir well and cook with the lid on for about 40-50 more minutes. (If you choose to make this with rice, stir in the rice about 10 minutes before the end of cooking time.)

Spelt either Mayiritsa or Mageiritsa - this Greek soup made from lamb offal, is associated with the Easter tradition of the Greek Orthodox Church. It is eaten at midnight after church, when the priest has declared 'Christ has Risen' to break the fast of the Greek Orthodox Great Lent, the 40 days before Easter. In its traditional form, Mayiritsa simply consists of all the offal removed from the lamb before roasting flavoured with seasonings and sauces. We have only used the liver and kidneys in this recipe., other variations including a vegetarian version are also common.

It is sometimes accompanied by salad and cheese, tsoureki sweet bread, and hard-boiled eggs dyed red as a symbol of the risen Christ's blood.

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