

Stracciatella Soup

Classic Italian Stracciatella Soup - comfort food with eggs, Parmesan & broth. Easy 25-minute recipe from Rome's traditional cucina povera.

10 min

PREP

15 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Stracciatella Soup

Ingredients

- 6 cup chicken broth
- 2 egg
- 1 cup parmesan cheese
- 1 cup parsley
- 1 tsp nutmeg
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the broth**

Pour 6 cups chicken broth into a large pot and place over medium heat. Bring to a gentle simmer, where small bubbles appear around the edges but the broth isn't rapidly boiling.
- 2 Make the egg mixture**

Crack 2 eggs into a medium bowl and beat thoroughly with a whisk until completely smooth. Add 1 cup grated Parmesan cheese, 1 teaspoon salt, 1 teaspoon black pepper, and 1 teaspoon chopped fresh parsley.
- 3 Whisk the egg mixture until the cheese is evenly distributed and no lumps remain, about 30 seconds.**
- 4 Create the egg ribbons**

Hold a fork or whisk in your dominant hand and stir the simmering broth in a circular motion. With your other hand, slowly drizzle the egg mixture into the moving broth in a thin, steady stream over 15-20 seconds.
- 5 Continue stirring gently as the eggs cook instantly into delicate, ribbon-like strands throughout the broth, about 1 minute.**
- 6 Finish and serve**

Simmer the soup for 2-3 minutes more, stirring occasionally, until the egg ribbons are fully set but still tender. Taste and add more salt and pepper if needed.
- 7 Ladle the hot soup into serving bowls and serve immediately while steaming hot.**

Tips

Use the freshest, highest-quality Parmesan cheese you can find and grate it yourself for the best flavor - avoid pre-grated varieties which lack the same depth of taste.

Pour the egg mixture very slowly into the simmering broth while stirring continuously in one direction to create the most beautiful, delicate egg ribbons.

Keep the broth at a gentle simmer, not a rolling boil, when adding the eggs to prevent them from cooking too quickly and becoming tough.

For extra flavor depth, sauté a minced garlic clove in the pot before adding the broth, then remove it before serving for a subtle aromatic background.

Fresh herbs make a significant difference - use flat-leaf parsley, fresh basil, or a combination for the brightest flavor rather than dried herbs.

Taste the soup just before serving and adjust salt carefully, remembering that Parmesan cheese already adds saltiness to the dish.

For a richer version, substitute half of the broth with good-quality chicken stock, or add a splash of dry white wine to the simmering broth.

Serve immediately after preparation for the best texture and temperature - this soup is at its peak when fresh and hot.