Garlic Bread Soup with Paprika Eggs

3 generous soup bowls, one-third of the finished pot each · Active 20 min · Total 40 min

Skills: Gentle simmering and making egg ribbons

Ingredients

• 8 thick slices plain wheat bread, slightly stale, cut into 3/4-inch/2 cm cubes (240 g)

• 2 tablespoons neutral oil (30 ml), divided equally

• 1 medium onion, finely chopped (150 g prepared)

• 6 garlic cloves, thinly sliced (18 g prepared)

• 1 teaspoon mild paprika (2 g)

• 5 cups low-sodium vegetable stock (1.2 L)

• 4 large eggs, beaten (200 g without shells)

• 1/2 teaspoon fine salt (3 g)

• 1/4 teaspoon ground black pepper (0.5 g)

Set out

kitchen scale and measuring spoons, knife and board, heavy 3-quart/3 L saucepan, mixing bowl and fork, separate holding plate for toasted bread, wooden spoon, food thermometer, 3 soup bowls

Allergens

wheat, egg. Check labels and substitutions.

Make it

1. Cut the bread, onion and garlic, then beat the eggs in the bowl. Keep the measured stock beside the stove before cooking the paprika.

2. Heat 1 tablespoon/15 ml oil in the saucepan over medium heat. Add the bread and toast for 6–8 minutes, turning regularly, until several surfaces are golden and dry. Transfer to the separate holding plate; keep the bowl containing raw beaten egg for the egg step only.

3. Add the remaining 1 tablespoon/15 ml oil and the onion. Cook for 7–8 minutes, stirring, until soft with light golden edges. Add garlic for 45 seconds, then stir in paprika for about 20 seconds. Do not let either darken.

4. Immediately pour in all the stock. Add salt and pepper, bring to a steady simmer and return the bread. Simmer gently for 5 minutes, stirring once or twice, until some bread softens into the liquid.

5. Reduce the heat to low. Pour in the beaten eggs in a thin stream, moving a fork slowly through the soup to form ribbons. Cook for 2–3 minutes, until the egg is fully opaque and the soup is at least 160°F/71°C. Do not serve with unset egg.

6. Divide the bread, egg and broth evenly between 3 bowls and serve hot. The bread is already part of the meal; no additional toast is included in the stated yield.

Use the loaf you have

A plain sliced loaf is suitable. Dryness helps the bread absorb broth; mold or spoilage does not make bread suitable for this recipe.

Ingredient labels

Use plain wheat bread and check both bread and stock labels for additional allergens. Commercial breads may also contain milk, soy or sesame.

A useful detail

A compact loaf will make a thicker soup than the same apparent volume of airy bread. Use the stated weight and stop simmering once the bread has both softened pieces and intact edges.

Keep it well

Divide leftovers into shallow containers and refrigerate within 2 hours, or within 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat only the portion needed to 165°F/74°C throughout. The bread becomes softer during storage; stir gently so the egg ribbons stay recognizable.