



Erika DaSilva

## Changua

Naima Coster

Ten years ago, I traveled to Colombia for the first time to meet the extended family of the man who would later become my husband. His family welcomed me into their home and plied me with warm, rich foods that fortified us against the cold and rain of Bogotá: hot chocolate served with hunks of white cheese at the bottom of the cup, runny fried eggs over white rice and arepas—and changua, a traditional soup we had for breakfast, made with the unlikely but delicious pairing of whole milk, scallions, and cilantro. It's rumored to be a good remedy for hangovers and we eat it in our house to welcome the New Year. It's a simple soup that my mother-in-law taught me to make by feeling and according to taste, without precise measurements. I've offered a few suggestions but you really can't go wrong here: nearly any amount of cilantro, scallions, or milk will make for a delicious soup. The trickiest part is poaching the eggs, but even if they're runny or funnily shaped, changua will taste just as good.

**Serves 4**

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### INGREDIENTS

2 cups of water

4 cups of whole milk

4 eggs

1 big clove of garlic (optional but recommended)

Chopped cilantro, to taste

Chopped scallions, to taste

Salt, to taste

### DIRECTIONS

Add milk and water to a pot and set to boil. (You can adjust the ratio here if you'd like a thinner broth by adding more water—but the creaminess from using twice as much milk is just delicious). Add a generous pinch or two of salt, and start chopping the cilantro and scallions while you wait for the pot to boil.

Add chopped scallions and cilantro, at least one generous handful of each. Add minced garlic, if you like. (Don't worry too much about quantity on the greens here—you can always add more just before serving.)

Once the soup is boiling, immediately lower the heat, and crack the eggs carefully into the pot. Try to spread them out and give them each some space. Turn off the heat after three minutes for a softer yolk, four minutes for firmer.

Taste the soup and adjust salt as needed. Serve in bowls and garnish with as much fresh cilantro and chopped scallions as you like. Eat with warm, crusty bread that you can dunk into the soup. So good.