



## Congee

### What is Congee?

Congee is a type of rice porridge or creamy rice soup. It is one of the traditional foods of China with thousands of years of history. It is so popular because it is nourishing and easily digested. The long cooking times release pectin in the rice - a pre-biotic and excellent for colon health. Grains are generally a good Qi tonic, however if they are not properly prepared they can easily overwhelm the digestive system which has to work very hard to extract the available nutrition. In a slow-cooked soup like congee the grains are said to be pre-digested, therefore easing the burden on the digestive system and freeing up energy for other bio-mechanics, while also tonifying Qi.

### How to make Congee

- 1 x cup polished (white rice) – long or medium grain
- 1 x Tablespoon of olive oil, peanut oil
- 10 cups water / stock
- 2 x 2cm pieces of ginger
- 1 x spring onion, sliced white part only

#### Stove top method

1. In a large heavy-bottomed pot add the rice and oil and toss to coat the rice.
2. Add the water, ginger and spring onion and bring to an easy boil.
3. Immediately lower the temperature to low, partially cover and gently simmer for about 2-4 hours (depending on how patient you are and how creamy you want your congee).
4. Stir occasionally and top up with water to prevent catching or burning at the bottom.

#### Rice cooker method

1. In the bowl of the rice cooker, add the rice and oil and toss to coat.
2. Add the water, ginger and spring onion and set to cook function
3. Cook rice for 1-2 hour without lid, stirring occasionally and topping with water if it gets below 1/4 reduced
4. Cook rice a further 1 hour without lid
5. At this point you can either refrigerate, or set to 'warm' function with lid on for another 1- 2 hours (or as long as you can).

Store the congee in the fridge and each morning dish out desired portion (approx. 1 cup for modest serve) and warm on the stovetop, adding flavourings - see below).

#### Note:

- The longer and slower a congee cooks the more nutritious it is considered to be.
- For each meal, reheat only what you need in a small pot and add any tasty extra ingredients such as ginger, scallions, soy sauce and toasted sesame oil
- Therapeutic effects of foods added to congee will be amplified. Suggestions include chicken stock, fresh vegetables, egg.
- Congee will keep safely in the fridge up to 5 days