

RICE PORRIDGE (CONGEE) 粥

Makes: 10 small bowls

Preparation time: less than 10 minutes

Cooking time: 50 minutes



Rice porridge, also called “congee,” is eaten often for breakfast in China. The closest comparison is with the oatmeal porridge found in Europe. The most traditional type of congee is made from white rice and typically served with Chinese pickles, salted eggs, century eggs or fermented tofu. These ingredients are all easy to find in Chinese or Asian grocery stores.



INGREDIENTS

250g plain white rice

2,5L water

Tools:

1 large heavy-bottomed pot

**Don't use parboiled rice. The best is to use jasmine rice, or any white rice available in Chinese supermarkets.*

THE METHOD

Rinse the rice three times under cold water and place it in a heavy-bottomed pot.

Add water to the pot and bring to a boil.

Leave uncovered and let simmer for 20-30 minutes on low heat.

After 20-30 minutes, switch off the heat, cover the pot with a lid and let sit for 30 minutes.

Serve warm.

