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INSTITUT FÜR CHINESISCHE MEDIZIN

In the centre of Basel since 2008



Congee - Simple, Warm, Nourishing Rice Porridge for the Coming Winter

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In the Chinese medical tradition Rice Congee is a simple dish to nourish and warm the body without overloading the digestive system. It can be eaten for breakfast, lunch or dinner, savory or sweet, as a main meal or a side-dish.



Basic/ Classical Variation

White rice cooked like a soup, seasoned with salt, pepper or soya sauce, topped with fresh ginger and green onion.



Nourishing Variation with Chicken

White rice cooked with boned-chicken to create a chicken-stock porridge. Deboned, shredded chicken is returned to congee along with green onion and fresh ginger.



Sweet Variation

White rice cooked like basic version with fresh or dried fruit and nuts added, sweetened with honey, like a muesli.



Ingredients for Basic/ Classical Variation

1 part white rice
10 parts water
3 pieces ginger
(e.g. Portion for 1 person: 50 g rice, 500 ml water)

Topping

Fresh ginger (grated)
Green onion (chopped)
salt, pepper, soya sauce and sesame oil
(season to taste)



Add rice to pot



Add 10 parts water



Cover and bring to boil on high heat



When boiling, turn down to low heat and stir



Slice ginger to pieces



Add ginger pieces to cooking pot



Cook congee for about 1 hour on low heat



Check occasionally and stir congee to prevent sticking to pot bottom



Check for desired consistency, if too thick just add more water and heat for a few minutes. Add salt to taste



Serve in bowl



If desired, add soya sauce



A few drops of sesame oil



Add grated ginger as topping



Add green onion

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Congee is ready to be served. Enjoy!