



## CEDAR FOREST WELLNESS

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### Basic Congee Recipe

Rice congee is a healing porridge historically used in East Asian traditions for anyone with a weak digestion, including infants, children, the elderly, and anyone who is ill or recuperating from a prolonged or serious disease where appetite and nutritional absorption is compromised.

*Everyone wishes to live long, but they do not know that the means to prolonging life are in front of their eyes. I obtained from Wan Qiu a simple method - it suggests that eating congee can make one a divine immortal*  
-- Ge Hong 283–343 C.E.

#### Ingredients

- 1 cup raw long-grain white rice, rinsed
- 7 cups chicken or vegetable stock
- 1/2 teaspoon kosher or sea salt, plus more for seasoning
- One-inch knob of ginger, peeled and sliced thin
- Optional garnishes: sliced green onion, peanuts, fresh shredded ginger, sesame seeds/or sesame oil, soy sauce, miso, sliced & cooked shitake or maitake mushrooms or other as desired

#### Instructions

1. In large pot add stock, rice, salt and ginger. Bring the mixture to a boil, then reduce the heat to a low simmer. Stir occasionally so that the rice doesn't clump or stick at the bottom.
2. Simmer the congee for about 1 hour or until the congee is thickened and creamy. Add salt to taste. Serve the congee hot.

#### Notes:

As the congee cools, it will become thicker. Add additional stock or water if necessary to make the congee to your desired thickness.

#### Serve With:

Any of the above listed garnishes in small amounts.

Sources: <http://www.foodandwine.com/recipes/basic-chinese-congee>, and *Book Of Jook*, Bob Flaws 1995