

# Congee (Rice Porridge)

*A comforting, versatile dish enjoyed across Asia*

## Basic Congee Base

**Serves:** 2–4

**Time:** 45–60 minutes (or longer for extra silkiness)

### Ingredients

- 1 cup white rice (jasmine or short-grain preferred)
- 8–10 cups water or stock (adjust for thickness)
- ½ tsp salt (optional, to taste)

### Instructions

1. Rinse rice until water runs mostly clear.
2. Combine rice and liquid in a pot. Bring to a boil.
3. Reduce to low and simmer uncovered, stirring occasionally.
4. Cook until rice breaks down and texture is creamy.
5. Adjust consistency with more liquid if needed.

*Texture tip:* For ultra-smooth congee, stir more often or whisk near the end.

## Savory Congee Variations

### Classic Savory

Add during cooking:

- 1–2 slices fresh ginger
- Use chicken or vegetable stock instead of water

Top with:

- Shredded chicken or pork
- Scallions
- Soy sauce or sesame oil
- White pepper

## **Egg & Scallion**

- Stir in 1 beaten egg during the last 2 minutes of cooking
- Finish with scallions and a drizzle of sesame oil

## **Garlic Mushroom**

- Sauté garlic and mushrooms separately
- Stir into congee near the end
- Finish with soy sauce and black pepper

## **Sweet Congee Variations**

### **Simple Sweet**

Add during cooking:

- 1–2 tbsp sugar (or to taste)

Top with:

- Fresh fruit
- Honey or maple syrup

### **Ginger Brown Sugar**

- Add 1–2 slices ginger while cooking
- Sweeten with brown sugar near the end

### **Coconut Congee**

- Replace 1–2 cups water with coconut milk
- Sweeten lightly with sugar
- Top with mango, banana, or toasted coconut

## **Serving Notes**

- Congee thickens as it cools—add hot water to loosen.
- Flavor gently; toppings do most of the work.
- Great for breakfast, comfort meals, or when you're under the weather.