

Lisa's Congee

Congee is the quintessential recuperation food. It is made from a small amount of whole grain and lots of water. The long cooking time causes the grains to break down to a partially digested form, which makes this dish easy on an upset stomach.

Congee:

½ cup brown rice

8 cups water

1 tsp. salt

1 Tbsp. grated fresh ginger

1 tsp. fennel seed, lightly toasted and ground in a coffee grinder

1 tsp. soy sauce

Toppings:

chopped scallion

chopped salted peanuts

1 raw egg

shredded chicken or turkey breast

Combine all congee ingredients (brown rice through soy sauce) in a large stock pot. Bring to a boil, reduce heat, and simmer for 2-3 hours or until it is the consistence of a thin oatmeal. Stir occasionally, and add water as needed if it becomes too thick. (This also works well in a crock pot. Once the mixture has boiled, transfer it to the crock pot, turn the setting to high, and leave it all day.

About 10 minutes before serving, crack the egg into the pot and stir well. Add the shredded chicken or turkey breast, and cover. Allow the meat to steam for 5-10 minutes until cooked through.

Ladle into serving bowls, and pass the chopped scallions and peanuts. A small drizzle of sesame oil is also a nice topping.

This makes about 4-6 servings