

Recipes



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Congee (Rice Porridge) with Bok Choy and Scallions from: "World-of-the-East Vegetarian Cooking" by Madhur Jaffrey

This congee is deliberately under salted so you can season it as you wish later. As seasonings, you might offer finely grated ginger, freshly sliced scallions, Chinese parsley, Chinese soy sauce, crushed peanuts, sesame oil, fermented bean curd, hot chili sauces, or simply salt and pepper.

NOTE: Congee should be prepared in a heavy pot with an even distribution of heat.

1/2 cup long-grain or short-grain rice, or half-and-half combination of short-grain and glutinous rice

3/4 pound bok choy, washed and cut into 1/4-inch-wide strips, including leaves

3 scallions, finely sliced, including green

1 teaspoon salt

If the rice is American and "enriched," do not wash it. Otherwise, wash and drain it. Combine rice with 5 3/4 cups water and slowly bring to a boil in a 3 1/2-quart pot. Combine rice with 5 3/4 cups water and slowly bring to a boil in a 3 1/2 -quart pot. Stir occasionally as rice comes to a boil, making sure that no grains are sticking to the bottom. Turn heat to medium and cook for 10 minutes, stirring once or twice during this period. Add the cabbage, scallions, and salt. Stir and bring to a simmer. Cover, lower heat, and cook very gently for 1 1/4 hours.