






Build Your Own Congee

 : good for protein  : good for energy



1. Choose your base

- Dried shrimp or scallops  (soak in water before cooking)
- Ginger, garlic, other herbs and spices
- Goji berries
- Dried mushrooms (soak in water before cooking)
- Whole chicken or chicken drumsticks/wings/marylands 
- Rice wine or shaoxin wine 
- Ginger fried with black sesame oil 
- Different grains such as millet, barley, oats, brown rice (may require soaking) 

Choose a cooking liquid

- Stock such as fish/chicken/beef/vegetable
- Dashi stock
- Tea such as green tea, houjicha
- Water

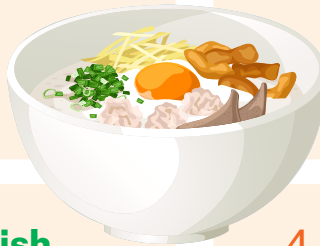
2. Add your protein

- Small pieces or slices of meat/chicken/fish/seafood 
- Whitebait fish 
- Minced meat 
- Eggs 
- Century egg 
- Cured or smoked meats like bacon, sausage, ham, luncheon meat 
- Meatballs, fish cakes 
- Tofu, bean curd 
- Braised meats and offal 
- Blood jelly 




You can also add

- Fresh mushrooms*
- Fresh or frozen vegetables*








*Note: these options are good for flavour and vitamins/minerals, but are lower in protein



3. Top with garnish

- Finely sliced ginger
- Scallions/Spring onions
- Fried shallots 
- Soy sauce, fish sauce or other sauces
- Sesame oil, chilli oil 
- Pork/fish floss 
- Chopped cilantro/coriander
- Nori seaweed
- Toasted sesame seeds
- Salt & pepper

4. Enjoy with sides

- Pickled or fermented vegetables
- Salted eggs 
- Fried gluten and peanut cans 
- Fermented bean curd
- You tiao (fried dough) 
- Peanuts 
- Fried or boiled eggs 
- Preserved bamboo shoots
- Canned black beans 
- Salted fish such as salmon 
- Pickled plums (umeboshi)



Make your congee (serves 2)

- ½ cup Jasmine Rice or other medium grain rice
- 4 cups cooking liquid

1. Rinse and drain the rice
2. In a heavy pan, bring the rice, cooking liquid, and **base ingredients** to a boil, and gently simmer for 45 minutes or until rice is fully broken down
3. Add your **protein ingredient**, and simmer for another 5-10 minutes, or until any meat or seafood is fully cooked
4. Turn off the heat and serve into bowls, add your **garnish**
5. Enjoy your congee with **sides** of your choice

! Tip: Congee can also be cooked in a slow cooker or pressure cooker. If using a pressure cooker, use 2 cups of liquid instead of 4, and may need to cook your protein ingredients first before adding, or finish cooking on the stove top.

You can also adjust the ratio of rice to liquid according to taste and ease of swallow, but be aware more liquid means the congee is less energy dense.



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