



Chinese Congee - Jook

Featured on May 10, 2019 for “Regional Chinese Cooking Along the Transcontinental Railroad” demo with Chef Martin Yan

Chinese Congee

Recipe courtesy of Yan Can Cook, Inc.

Yields about 8 servings

Ingredients

12 ounces uncooked rice, washed and drained
8 cups soup stock or chicken broth
3 thin slices fresh ginger, shredded
4 ounces boneless chicken breast, cut into 2-inch strips
1 ½ teaspoons sesame oil
Pinch of white pepper
Salt to taste
2 stalks green onions, chopped
Preserved vegetables, shredded

Directions

In a large pot, bring rice and soup stock to a boil over medium-high heat. Reduce heat to low, partially cover and simmer until rice becomes a soft pulp, about 1 ½ to 2 hours.

Add ginger and chicken; simmer for 10 minutes. Add sesame oil, pepper and salt; stir for 1 minute.

Serve congee in individual soup bowls with green onion and preserved vegetables on the side.

