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.

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