

Medicinal congees

YIN-SUPPLEMENTING FORMULAS (BU YIN FANG)

Achyranthes Congee (Niu Xi Zhou)

Functions: Clears heat and eliminates vexation

Indications: The sequelae of febrile diseases, vacuity taxation, emaciation, vexatious aching of the four limbs, dry mouth, strong fever

Ingredients: Tender, new Folium Achyranthis Bidentatae (Niu Xi Miao Ye), Folium Solani Nigri (Long Gui Ye), Radix Rehmanniae (Sheng Di Huang), 10g each, Semen Oryzae Sativae (i.e., Polished Rice, Jing Mi), 100g

Method of preparation & administration: First decoct the first 3 medicinals, remove the dregs, and reserve the liquid. Use this liquid to make porridge out of the rice. Eat on an empty stomach.

Dendrobium Congee (Shi Hu Zhou)

Functions: Nourishes the stomach and engenders fluids, nourishes yin and clears heat

Indications: Damaged fluids due to a febrile disease, heart vexation, oral thirst, unhealthy yin vacuity, stomach vacuity cramping pain, dry heaves, a scant tongue coating

Ingredients: Herba Dendrobii (Shi Hu), 15g, Semen Oryzae Sativae (i.e., Polished Rice, Da Mi), 50g, Granulated Sugar (Bing Tang), a suitable amount

Method of preparation & administration: First decoct the Dendrobium in water, remove the dregs, and reserve 100ml of liquid. Add this and more water to the rice and sugar and cook into porridge. Eat warm 2 times per day.

Mulberry Congee (Sang Shen Zhou)

Functions: Supplements the liver and boosts the kidneys, enriches yin and supplements the blood, moistens the intestines, and brightens the eyes

Indications: Yin and blood insufficiency, dizziness, vertigo, insomnia, tinnitus, diminished visual acuity, premature greying of the hair, blood vacuity constipation, neurasthenia, anemia, yin vacuity high blood pressure, etc.

Ingredients: Fresh Fructus Mori Albi (i.e., Mulberries, Sang Shen), 30g (or dry, 20g), Semen Oryzae Glutinosae (i.e., Glutinous Rice, Nuo Mi), 50g, Granulated Sugar (Bing Tang), a suitable amount

Method of preparation & administration: Cook into porridge in 400ml of water. Eat warm each morning on an empty stomach.

YANG-SUPPLEMENTING FORMULAS (BU YANG FANG)

Chinese Chive Congee (Jiu Cai Zhou)

Functions: Supplements the kidneys and invigorates yang, fortifies the spleen and warms the stomach

Indications: Chilly pain in the abdomen, loose stool or constipation during dysentery due to vacuity cold, impotence, premature ejaculation, spermatorrhea, polyuria, urinary incontinence, abnormal vaginal discharge, low back and knee soreness and weakness, dysmenorrhea, metrorrhagia, and other such conditions due to kidney/spleen yang vacuity

Ingredients: Herba Allii Tuberosi (i.e., Chinese Chives, liu Cai), 60g, Semen Oryzae Sativae (i.e., Polished Rice, Jing Mi), 60g, Salt (Yan), a small amount

Method of preparation & administration: Cut the chives into small pieces. Make the rice into porridge as usual and put in the chives. Salt to taste and continue cooking a few minutes more. Eat 2 times per day in the morning and evening.

Cistanches & Lamb Congee (Cong Rong Yang Rou Zhou)

Functions: Supplements the kidneys and invigorates yang, fortifies the spleen and frees the stool

Indications: Kidney yang vacuity impotence, spermatorrhea, premature ejaculation, infertility in women, chilly pain in the low back and knees, polyuria, nocturia, bodily vacuity weakness, internal damage due to overtaxation, aversion to cold, cold limbs, constipation due to insufficiency of yang in the elderly

Ingredients: Herba Cistanchis (Rou Cong Rong), 15g, Lamb (Yang Rou), 60g, Semen Oryzae Sativae (i.e., Polished Rice, Jing Mi), 60g, Salt (Yan), a small amount, Bulbus Allii Fistulosi (i.e., Scallions, Cong Bai), 2 pieces, fresh Rhizoma Zingiberis (i.e., Fresh Ginger, Sheng liang), 3 slices

Method of preparation & administration: First decoct the Cistanches, remove the dregs, and reserve the liquid. Use this liquid to make porridge from the rice and lamb. Add salt, scallions, and ginger to taste. Eat 2 times per day in the morning and evening.

Sparrow Medicinal Congee (Que Er Yao Zhou)

Functions: Strengthens yang qi, supplements essence and blood, boosts the liver and kidneys.

Indications: Kidney qi insufficiency causing impotence, spermatorrhea, daybreak diarrhea, dizziness, blurred vision, unclear speech, deafness, tinnitus, urinary incontinence, abnormal vaginal discharge, etc.

Ingredients: Passer Montanus Saturatus (i.e., Sparrow, Que Er), 5 whole ones, Semen Cuscutae (Tu Si Zi), 45g, Fructus Rubi (Fu Pen Zi), 15g, Fructus Lycii Chinensis (Gou Qi Zi), 30g, Semen Oryzae Sativae (Jing Mi), 60g, Salt (Yan), a small amount, Bulbus Allii Fistulosi (i.e., Scallion), 2 stalks, fresh Rhizoma Zingiberis (i.e., fresh Ginger, Sheng liang), 3 slices.

Method of preparation & administration: First decoct the Cuscuta, Rubus, and Lycium, remove the dregs, and reserve the liquid. Skin and gut the sparrows, wash and stir-fry in wine. Then cook the rice, sparrows, and medicinal decoction with a suitable amount of water to make porridge. Just before it is finished, add salt, scallions, and ginger and continue cooking a few minutes more. Eat 2 times per day on an empty stomach, once in the morning and once in the evening. Three to 5 days equal 1 course of treatment.

Contraindications: Those with hyperactive sex drive or fever should not use this congee. It should also

only be eaten in the winter

QI-SUPPLEMENTING FORMULAS (BU QI FANG)

Ginseng Congee (Ren Shen Zhou)

Functions: Boosts the original qi and vitalizes the essence spirit, supplements the spleen, lung, and heart qi

Indications: Spleen vacuity symptoms such as emaciation due to prolonged disease, lack of appetite, and loose stools, lack of strength, fatigued spirit, and physical exhaustion; lung vacuity symptoms such as shortness of the breath and vacuity panting (i.e., asthma); and heart vacuity symptoms such as palpitations, insomnia, and poor memory

Ingredients: Powdered Radix Panacis Ginseng (Ren Shen Fen), 3g, Semen Oryzae Sativae (i.e., Polished Rice, Jing Mi), 100g, Granulated Sugar (Bing Tang), a suitable amount

Method of preparation & administration: Cook the powdered Ginseng into porridge with the rice and add the sugar at the end. Eat on a regular basis.

Ginseng & Poria Congee (Shen Ling Zhou)

Functions: Fortifies the spleen and boosts the qi

Indications: Qi vacuity, bodily weakness, fatigue, pale facial color, poor appetite, loose stool, and other such symptoms

Ingredients: Radix Panacis Ginseng (Ren Shen), 5g, Sclerotium Poriae Co cos (Fu Ling), 20g, fresh Rhizoma Zingiberis (i.e., Fresh Ginger, Sheng Jiang), 5g, Semen Oryzae Sativae (i.e., Polished Rice, Jing Mi), 60g

Method of preparation & administration: Cut the Ginseng into thin slices and pound the Poria into pieces. Soak these 2 ingredients for 1/2 hour. Then decoct them in water for 30 minutes. Pour off the liquid, reserve, and decoct again. Again pour off the liquid and add to the first decoction. Add this liquid to the rice and cook into porridge as usual.

Ginseng & Chicken Congee (Ren Shen Ji Zhou)

Functions: Enriches and supplements the five viscera, strengthens the body, supplements and boosts the qi and blood

Indications: Bodily vacuity and weakness in the elderly or those with chronic disease

Ingredients: Radix Panacis Ginseng (Ren Shen), 3g, Radix Dioscoreae Oppositae (Shan Yao), 6g, Semen Oryzae Sativae (i.e., Polished Rice, Da Mi), 50g, Chicken U, 1 whole one, Chicken Livers U (Gan), 150g

Method of preparation & administration: First cook the chicken and chicken livers in 15 bowlsful of water into soup. Slice the Ginseng, Chinese yam, and the chicken soup to the rice and cook into porridge. Add salt to taste and eat.

Codonopsis Congee (Dang Shen Zhou)

Functions: Supplements the middle and boosts the qi

Indications: Qi vacuity and insufficiency, chronic cough, poor appetite, abdominal distention, loose stools, and other such spleen/lung qi vacuity conditions

Ingredients: Radix Codonopsis Pilosulae (Dang Shen), 30g, Semen Oryzae Sativae (i.e., Polished Rice, Da Mi), 50g, White Sugar (Bai Tang), a small amount

Method of preparation & administration: Cook the rice and Codonopsis in water into porridge as usual and add the sugar at the end to taste. Eat warm.

Pseudostellaria Congee (Tai Zi Shen Zhou)

Functions: Supplements the qi and engenders fluids

Indications: Bodily vacuity in the aftermath of disease, yin vacuity/lung dryness chronic cough with scant phlegm, insomnia, excessive dreams
Ingredients: Radix Pseudostellariae Heterophyllae (Tai Zi Shen), 50g, Semen Oryzae Sativae (i.e., Polished Rice, Da Mi), 50g

Method of preparation & administration: First decoct the Pseudostellaria, remove the dregs, and reserve the liquid. Add this to the rice and cook into porridge. Eat warm in the morning and evening.

Astragalus Congee (Huang Qi Zhou)

Functions: Strengthens and boosts the qi and fortifies the spleen

Indications: Qi vacuity bodily weakness, fatigue, lack of strength, diminished appetite, loose stools, anal prolapse, spontaneous sweating, night sweats, superficial edema of the face and eyes, inhibited urination, shortness of breath, heart palpitations, etc.

Ingredients: Radix Astragali Membranacei (Huang Qi), 20g, Semen Oryzae Sativae (i.e., Polished Rice, Jing Mi), 50g

Method of preparation & administration: Add the Astragalus to 200ml of water and decoct down to 100ml. Remove the dregs and reserve the liquid. Add this to the rice plus another 300ml of water and cook into porridge. Eat warm in the morning and evening. Seven to 10 days equal 1 course of treatment. It is ok to add a little Red Sugar (i.e., Brown Sugar, Hong Tang) to taste.

Supplement Righteous Qi Vacuity Congee (Bu Xu Zheng Qi Zhou)

Functions: Supplements the righteous qi

Indications: Vacuity detriment, taxation fatigue internal damage, vacuity debility of the five viscera, bodily weakness in the elderly, emaciation due to prolonged disease, heart palpitations, shortness of breath, spontaneous sweating, chronic diarrhea, devitalized appetite, qi vacuity superficial edema, etc.

Ingredients: Radix Astragali Membranacei (Huang Qi), 60g, Radix Panacis Ginseng (Ren Shen), 10g, Semen Oryzae Sativae (i.e., Polished Rice, Jing Mi), 90g, White Sugar (Bai Tang), a small amount

Method of preparation & administration: First slowly decoct the Astragalus and Ginseng 2 times, then remove the dregs, and reserve the liquid. Divide this liquid into 2 portions. Each day, use 1 portion to cook the rice into porridge. Add a little sugar to taste after cooking. Eat each morning and evening on an empty stomach. Five days equal 1 course of treatment.

Contraindications: Do not use this congee if one is suffering from a hot pathocondition. Do not eat radishes or drink tea while taking this congee.

Atractylodes & Pork Tripe Congee (Bai Zhu Zhu Du Zhou)

Functions: Supplements the middle and boosts the qi, fortifies the spleen and harmonizes the stomach

Indications: Spleen qi vacuity, fatigue, shortness of breath, loose stool, poor appetite, indigestion, abdominal distention, and other such symptoms
Ingredients: Rhizoma Atractylodis Macrocephalae (Bai Zhu), 30g, Semen Arecae Catechu (Bing Lang), 10g, Pork Tripe (Zhu Du), 1 piece, fresh Rhizoma Zingiberis (Sheng Jiang), a small amount, Semen Oryzae Sativae (i.e., Polished Rice, Jing Mi), 60g

Method of preparation & administration: Cut the pork tripe into small pieces and decoct together with the Atractylodes, Areca, and ginger. Remove the dregs and reserve the liquid. Use this liquid to cook the rice into porridge. Take 2 times per day in the morning and evening. Eat the tripe with sesame oil (Xiang You) and soy sauce (Ciang You). Eat for 3-5 days. Wait for 3 days, and take again. Stop taking as soon as the symptoms are relieved.

BLOOD-SUPPLEMENTING FORMULAS (BU XUE FANG)

Barley Congee (Da Mai Zhou)

Functions: Nourishes the blood and constructs the body

Indications: Prolonged eating strengthens the physical body, prevents the hair from turning white, loosens the stomach and stops distention

Ingredients: Fructus Hordei Vulgaris (i.e., Barley, Da Mai), 100g

Method of preparation & administration: Make into porridge as usual and eat 2 times per day.

Black Sesame Congee (Hei Zhi Ma Zhou)

Functions: Supplements the liver and kidneys, moistens the five viscera

Indications: Bodily debility in the elderly, dizziness and vertigo, emaciation, dry stools, premature greying of the hair, postpartum scanty lactation

Ingredients: Black Semen Sesami Indici (i.e., Black Sesame Seeds, Hei Zhi Ma), 25g, Semen Oryzae Sativae (i.e., Polished Rice, Da Mi), 50g

Method of preparation & administration: First grind the sesame seeds. Then wash the rice. Next, make into porridge as usual and eat.

Spinach Congee (Bo Cai Zhou)

Functions: Nourishes the blood and moistens dryness

Indications: Anemia, constipation, high blood pressure

Ingredients: Spinach (Bo Cai), 250g, Semen Oryzae Sativae (i.e., Polished Rice, ling Mi), 100g, Salt (Yan), a suitable amount

Method of preparation & administration: Wash the spinach and cut into small pieces. Cook with the rice in water to make porridge. Eat on a regular basis.

Note: A similar blood-nourishing congee can be made from beet tops, Swiss chard, kale, collards, or other such greens.

Excerpted from The Book of Jook, Chinese Medical Porridges:

A Healthy Alternative to the Typical Western Breakfast

by Bob Flaws Published by Blue Poppy Press,

1775 Linden Ave Boulder, CO 80304

Ingredients

200g lamb fillet

40g ginseng root

75g red dates

20g ginger

1 tsp goji berries

1 cup of rice

8 cups of water

salt and pepper

Directions

1. Wash the ginseng root, goji berries and red dates
2. Wash and julienne the ginger
3. Wash the lamb, cut into small bite-sized pieces
4. Parboil the lamb pieces
5. Wash and soak the rice for 30 minutes
6. Boil the 8 cups of water
7. Transfer the water to a slow cooker
8. Add the lamb, ginseng, red dates, goji berries and ginger
9. Simmer for 1 and 1/2 hour
10. Add the rice and bring back to a boil
11. Use cooked rice to shorten cooking time
12. Lower to a simmer and cook till porridge is done
13. Add the salt and pepper before serving

1. Fresh scallop rice porridge

Ingredients

40g dried scallop / conpoy
150g fresh scallop
8 cup of plain rice porridge
1 tbsp ginger, julienned
Pinch of cornstarch

Seasoning

1/2 tsp salt
Pinch of pepper

Directions

1. Wash and soak the dried scallop till soft
2. Wash and cut the fresh scallop
3. Marinate the fresh scallop with pinch of cornstarch
4. Cook 8 cups of plain rice porridge
5. Add the soaked scallop together with the water to the porridge
6. Add the fresh scallop

7. Cook the porridge for a further 5 minutes
8. Salt and pepper to taste

2. Fresh seafood rice porridge

Ingredients

- 115g cuttlefish
- 115 fresh prawn
- 75g fresh scallop
- 1 tbsp ginger, julienned
- 6 cups of soup stock
- 3 cups of cooked rice

Seasonings

- Pinch of salt
- Pinch of pepper
- Dash of sesame seed oil

Directions

1. Wash and slice the cuttlefish
2. Wash and clean the fresh prawn and scallop
3. Bring 6 cups of water to a boil
4. Add the cooked rice
5. Add the cuttlefish, prawn and scallop
6. Cook another 2 minutes
7. Remove from heat
8. Season and serve

3. Seafood and miso rice porridge

Ingredients

- 150g fresh prawns
- 150g fresh scallop

40g miso
3 cups of white rice
6 cups of soup stock
1 tbsp cornstarch

Garnish

1 tbsp chopped celery
1 tsp chopped coriander
1 tbsp chopped spring onion

Seasonings

Pinch of salt
Dash of pepper
Dash of sugar

Directions

1. Clean the prawns and scallop
2. Marinate with some cornstarch
3. Dissolve the miso with some cold water
4. Bring water to a boil and add the rice
5. Add the miso solution and cook for 15 minutes
6. Add the prawn, scallop and cook for 5 minutes
7. Stir in the seasonings
8. Remove from heat
9. Garnish and serve

Pumpkin porridge Recipe 1

Ingredients

1 cup of rice
12 cups of soup stock
600g pumpkin, peeled and cut into slices

Directions

1. Boil the water, add the rice. Bring back to a boil

2. Lower heat and simmer for 40 minutes
3. Add the pumpkin slices and simmer for another 20 minutes

Pumpkin congee recipe 2

Ingredients

1 cup of rice
200g pumpkin
1 stalk spring onion
1/2 tsp salt
2 tbsp cooking oil

Directions

1. Wash the pumpkin and cut into bite-sized pieces
2. Wash and chop the spring onion
3. Wash and soak the rice for 30 minutes
4. Place in a pot and add the water
5. Bring to a boil and lower heat to a simmer
6. Heat the cooking oil in a wok, fry the pumpkin pieces
7. When the porridge is cooked, add the pumpkin pieces and cooked till done
8. Add salt and sprinkle spring onion before serving

Mixed vegetarian porridge

Ingredients

40g dried mushroom
1 tsp cornstarch
Dash of cooking oil
40g carrot
40g bamboo shoot
40g soaked cloud ear fungus
40g soaked wood ear fungus
40g straw mushroom
6 cups of vegetarian soup stock
3 cups of white rice

Seasonings

Pinch of salt

Dash of pepper

Dash of sesame seed oil

Directions

1. Soak the dried mushroom with cold water
2. Marinate the mushroom with some salad oil
3. Clean and dice the carrot
4. Clean and dice the bamboo shoot
5. Parboil the bamboo shoot
6. Wash and parboil the cloud ear fungus, wood ear fungus and straw mushroom
7. Bring the soup stock to a boil, add the white rice and cook for 15 minutes
8. Add the mushrooms, carrot, bamboo shoot and fungus to the porridge
9. Add the seasonings

Yam porridge

Yam or taro is a very nutritious tuber vegetable.

It contains a number of micro-nutrients that are beneficial to the elderly.

It is also easy on the digestive tract, helps to alleviate constipation and promote nutrient absorption.

Be careful when peeling the yam, the sticky substance just under the skin can sting the hands.

If possible, buy those already peeled and washed.

Ingredients

200g yam or taro

1 cup of rice

8 cups of water

1 stalk of celery

5 tbsp cooking oil

1 tbsp dark soy sauce

Dash of pepper
1/2 tsp salt

Directions

1. Wash and soak the rice for 30 minutes
2. Place the rice in a pot and add the water
3. Bring to a boil and lower heat to a simmer
4. When the porridge is done, leave it aside
5. Wash and chop the celery finely
6. Wash, peel and dice the yam
7. Heat the cooking oil in a wok and fry the yam
8. Fry for about 5 minutes, add the soy sauce
9. Fry and mix them well
10. Add the rice porridge and cook till the yam is soft
11. Add the salt and pepper
12. Sprinkle the chopped celery before serving

1. Lotus root and goji congee

This congee recipe using lotus root and goji berries is a nice summer appetizer. The goji berries are sweet and the lotus root is crunchy.

It can also be a very nice gentle nourishing dish for the elderly.

Make sure the lotus root is cooked till it is soft. Do that by parboiling before adding to congee.

Ingredients

200g lotus root
1 cup of rice
8 cups of water
1 tbsp goji berries
1/2 tsp salt

Directions

1. Wash and soak the goji berries till soft
2. Wash and peel the lotus root
3. Cut the lotus root into thin slices (*cross-section*)

4. Wash and soak the rice for 30 minutes
5. Place the rice in a pot and add the water
6. Bring to a boil and lower heat to a simmer
7. When the porridge is done, add the lotus root and cook till soft
8. Add the goji berries and salt

2. Lotus root and pork porridge

Ingredients

225g fresh lotus root
150g lean pork
10 goji berries
12 cups of water
1 cup of rice
Pinch of cornstarch
Pinch of salt
Dash of vinegar

Directions

1. Wash and peel the lotus root. Slice cross section and soak in cold water with a little vinegar
2. Clean the pork, slice and marinate with cornstarch
3. Bring the water to a boil and add the rice
4. Lower heat and simmer for 20 minutes
5. Add the lotus root and cook for 30 minutes
6. Add the pork, goji berries and salt
7. Cook for a further 10 minutes

Carrot porridge recipe



I used short-grained rice here and omitted the spring onion. I also added half a stock cube

The thinly julienned carrot is cooked till soft and goes very well in plain rice porridge.

Suitable for little children if the spring onion is omitted.

Ingredients

- 1 carrot
- 1 cup of rice
- 8 cups of water
- 1 stalk spring onion
- 1/2 tsp salt

Directions

1. Wash the spring onion and chop finely
2. Wash and peel the carrot
3. Julienne the carrot
4. Wash and soak the rice for 30 minutes
5. Place the rice in a pot and add the water
6. Bring to a boil, add the carrot and lower heat to a simmer
7. Simmer till porridge and carrot are done
8. Add the salt and sprinkle the chopped spring onion before serving (*optional*)

Carrot pork congee recipe

To make this recipe suitable for **babies**, remove or reduce the amount of ginger. Remove the pork ribs before feeding.

To make it suitable for the **elderly**, overcook the carrot slightly. It should be easier to chew. The carrot will cook faster in the congee if it is parboiled first.

Do not throw the water used to parboil the carrot. Use it as part of the soup stock to cook the rice porridge.

Ingredients

300g prime pork ribs
50g carrot
2 pieces of ginger
1 cup of rice
8 cups of soup stock
salt and pepper

Directions

1. Clean the pork ribs, cut into smaller pieces
2. Parboil the pork ribs
3. Wash, peel and cut the carrot into smaller pieces
4. Wash and soak the rice for 30 minutes
5. Bring the water to a boil add the pork ribs and ginger
6. Lower heat to a simmer for about 15 minutes
7. Remove the ginger and add the rice
8. When the porridge is done, add the carrot
9. Add the salt and pepper

Chicken porridge with solomon's seal

This chicken porridge recipe uses some solomon's seal, a chinese herb. Solomon's seal and chicken goes well together. They are commonly paired in herbal

preparations.

Substitute the water with soup stock to enhance the flavour of the porridge.

Solomon's seal can be eaten but you may not like it because it is tasteless.

Ingredients

1 cup of rice
12 cups of soup stock
225g chicken thigh
40g solomon's seal (yu zhu)
cornstarch

Directions

1. Soak the solomon's seal with cold water. Drain and cut into shorter strips
2. Cut the chicken into slices, mix in the cornstarch. Blanch quickly in hot water
3. Boil the water, add the rice. Bring back to a boil
4. Lower heat, add the solomon's seal and simmer for 50 minutes
5. Add the chicken pieces and cook for another 10 minutes

Chicken porridge with corn

Ingredients

1 cup of rice porridge
150g chicken breast, shredded
1/2 can cream of corn
1 cup of chicken stock
Salt to taste

Directions

1. Bring the soup stock, rice porridge, cream of corn and chicken breast to a boil in a soup pot
2. Cook for about 10 minutes
3. Add salt to taste

4. Serve

Chicken porridge with mushroom

This congee dish uses pre-cooked rice porridge. Prepare and cook the congee in the morning and come back after work to add the rest of the ingredients for a comforting light dinner.

Ingredients

75g fresh chinese mushrooms
300g chicken thigh
8 cups of plain rice porridge

Seasonings

pinch of salt

Directions

1. Wash the chinese mushrooms
2. Remove the chicken bones and cut the chicken into pieces
3. Marinate chicken with salt and cornstarch
4. Cook 8 cups of rice porridge
5. Add the mushroom and chicken
6. Cook for another 15 minutes
7. Add salt to taste

Ginseng chicken porridge recipe

Ginseng is a prized herb in chinese cooking. It is considered a tonic for the heart.

People who are feeling weak and tired would benefit from it. But those who are suffering from insomnia and colds should avoid it.

If you have never tried using ginseng before, you can start by using ginseng tea

bags instead.

Add a teabag to the pot of soup and cook together.

Ingredients

200g chicken thigh

50g ginseng root / 1 tea bag

1 tsp goji berries

2 pieces of ginger, julienned

1 cup of rice

8 cups of soup stock

salt and pepper

Directions

1. Wash and soak the goji berries till soft
2. Wash the chicken thigh and cut into big pieces
3. Parboil the chicken pieces
4. Wash and soak the rice for 30 minutes
5. Place the rice in a pot and add the soup stock
6. Bring to a boil and lower heat to a simmer
7. Add the ginseng root and goji berries
8. When the porridge is done, add the chicken
9. Cook till the chicken is done
10. Add the salt and pepper
11. Sprinkle the julienned ginger before serving

Magnolia chicken porridge

Magnolia contains high levels of vitamin A and calcium. It is therefore good for the eyes and bones.

Ingredients

100g chicken breast

100g dried magnolia
1 cup of rice
8 cups of soup stock
1 stalk spring onion
salt and pepper

Directions

1. Wash the spring onion and chop finely
2. Wash and soak the magnolia. Cut into shorter strips
3. Wash the chicken breast and dice finely
4. Wash and soak the rice for 30 minutes
5. Place the rice in a pot and add the soup stock
6. Bring to a boil and lower heat to a simmer
7. When the porridge is done, add the magnolia and chicken
8. Cook till magnolia is soft and chicken is done
9. Add the salt and pepper
10. Sprinkle the chopped spring onion before serving

Peanut chicken porridge

This porridge is good for growing teens and the elderly. It can help lower cholesterol and prevent the hardening of the arteries.

Peanuts contains high level of mono-unsaturated, poly-unsaturated fatty acids and vitamin E.

Ingredients

100g chicken breast
50g peanuts (*dried but not roasted*)
1 stalk of spring onion
1 cup of rice
8 cups of soup stock
salt and pepper

Directions

1. Wash and chop the spring onion
2. Wash and soak the peanuts for 30 minutes
3. Wash the chicken and slice into thin strips
4. Parboil the chicken strips
5. Wash and soak the rice for 30 minutes
6. Place the rice in a pot and add the soup stock
7. Bring to a boil and lower heat to a simmer
8. Add the peanuts and chicken
9. Cook till the chicken is done
10. Add the salt and pepper
11. Sprinkle the chopped spring onion before serving

Mushroom and sweet corn porridge recipe

Sweet corn is rich in vitamin A and E. Good for eyesight, prevent bleeding gums. Vitamin E can lower cholesterol, prevent blood clotting, prevent high blood pressure and prevent hardening of the arteries.

Ingredients

120g sweet corn

80g dried mushroom

80g carrot

8 cups of water

1 tsp salad oil

1/2 tsp salt

Directions

1. Wash and dice the carrot
2. Wash the sweet corn and drain
3. Wash and soak the mushrooms until soft and drain
4. Do not throw the soaking water. Add to the water used to cook the porridge.
It will enhance the flavour of the porridge
5. Slice the mushrooms thinly
6. Wash and soak the rice for 30 minutes
7. Place the rice in a pot and add the water

8. Bring to a boil and lower heat to a simmer
9. When the porridge is done, add the carrot, mushrooms and sweet corn and cook till soft
10. Add the salt and salad oil before serving

1. Beef porridge No.1

Try this recipe if you happened to have leftover rice. It is easy to "convert" cooked rice to rice porridge.

Ingredients

225g beef fillet
2 eggs
8 cups of plain rice porridge
pinch of cornstarch

Seasonings

Pinch of pepper
1 1/2 tbsp salt
Dash of sesame seed oil

Directions

1. Wash and slice the beef and marinate with salt and cornstarch
2. Beat egg well
3. Bring the plain rice porridge to a boil
4. Add the beef slices
5. Pour the egg into the porridge and stir well
6. Serve with the sesame seed oil

2. Beef porridge No.2

Ingredients

150g beef fillet
2 eggs
2 stalks of spring onion

1 cup of rice
8 cups of soup stock
salt and pepper

Marinate for beef

1/2 tbsp cooking wine
1 tbsp of cornstarch
1 tbsp soy sauce

Directions

1. Wash and soak the rice for 30 minutes
2. Place rice in a pot and add the soup stock
3. Bring to a boil and cook till porridge is done
4. Clean the beef and slice thinly
5. Place in a bowl, add marinate for beef and leave to stand for 10 minutes
6. Beat the eggs
7. Wash the spring onion and chop finely
8. Add the beef to the porridge and cook till done
9. Add the salt and pepper
10. Remove from heat and stir in the beaten eggs
11. Sprinkle with chopped spring onion

3. Beef porridge with shrimp

Ingredients

100g beef fillet
100g fresh shrimp
2 stalks of spring onion
1 cup of rice
8 cups of soup stock
salt and pepper

Marinate for beef

1/2 tbsp cooking wine

1 tbsp of cornstarch
1 tbsp soy sauce

Marinate for shrimp

1 egg white
1/2 tbsp cornstarch
1/4 tsp salt

Directions

1. Wash and soak the rice for 30 minutes
2. Place rice in a pot and add the soup stock
3. Bring to a boil and cook till porridge is done
4. Cut the beef fillets into thin strips
5. Place beef in a bowl and add marinate for beef
6. Mix well and leave to stand for 10 minutes
7. Clean the shrimps and slice the back of the prawns to remove any dirt
8. Place shrimp in a bowl and add marinate
9. Mix well and leave to stand for 10 minutes
10. Wash and chop the spring onion
11. When the porridge is done, add the beef and shrimp
12. Cook till both are done
13. Add the salt and pepper
14. Sprinkle the chopped spring onion before serving

4. Beef porridge with bean sprouts

Mung bean sprouts contains high level of soluble fibre. Low in calories, it is an ideal food for people trying to lose weight. It is also high in vitamin C.

People who smoke or have bleeding gums should also consider eating more mung bean sprouts.



source: xuxubus at flickr

Ingredients

150g beef fillet
100g mung bean sprouts
2 stalks of spring onion
1 cup of rice
8 cups of soup stock
salt and pepper

Marinate for beef

1/2 tbsp cooking wine
1 tbsp of cornstarch
1 tbsp soy sauce

Directions

1. Wash and soak the rice for 30 minutes
2. Place rice in a pot and add the soup stock
3. Bring to a boil and cook till porridge is done
4. While porridge is cooking, clean the beef and slice thinly
5. Place in a bowl, add marinate for beef and leave to stand for 10 minutes
6. Soak and wash the mung bean sprouts
7. Cook till done in boiling water
8. Drain and leave aside
9. Add the beef to the cooked porridge
10. Serve the beef congee in bowls
11. Add salt and pepper

12. Sprinkle the cooked mung bean sprouts liberally on top of the congee

13. Serve hot