



Chicken Congee

Lauded as the ultimate Chinese comfort food, served as a pick-me-up for sick days, and enjoyed by patients in the puree phase, we tried our hand at preparing Chicken Congee. A super simple porridge-type dish, we are confident that you will enjoy this recipe time and again.

Ingredients:

- 32oz chicken broth
- ½ cup of rice (you can use basmati, brown rice, jasmine rice, or long grain)
- Salt to taste
- Sesame oil or soy sauce to taste

Directions:

- In a large pot, combine 32oz chicken broth and 1/2 cup of rice
- Stir ingredients together and bring to a boil
- Give the rice a good stir, scraping the bottom of the pot to prevent sticking, then lower the heat and half cover the pan
- Simmer gently for 1 1/2-2 hours, stirring every 15 minutes, until the grains open and your congee is thick.
- Add salt to taste
- Add soy sauce or sesame oil to taste

“Today is another chance to get better.”

