

Congee

Learn to make authentic Chinese congee (rice porridge) at home. This comforting breakfast dish is easy to prepare with just rice, water, and salt.

10	25	35	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Congee

Ingredients

- 1 cup rice
- 9 cup water
- 1 pinch salt
- 1 scallion
- 1 pcs fresh root ginger

Instructions

- 1 Prepare the rice**

Rinse 1 cup of rice in a fine-mesh strainer under cold running water, stirring with your hands, until the water runs clear (about 2-3 minutes).
- 2 Start cooking**

Combine the rinsed rice and 9 cups of water in a large heavy-bottomed pot. Bring to a rolling boil over medium-high heat, stirring occasionally to prevent sticking, about 8-10 minutes.
- 3 Reduce heat to low and partially cover the pot, leaving a small gap for steam to escape. Simmer gently for 25-30 minutes, stirring every 5-7 minutes to prevent the rice from sticking to the bottom.**
- 4 Continue cooking until the rice grains break down completely and the mixture becomes creamy and porridge-like, with the consistency of thick oatmeal. If the congee becomes too thick, add hot water ¼ cup at a time.**
- 5 Season with 1 pinch of salt and stir well. Taste and adjust seasoning as needed.**
- 6 Serve**

Ladle the hot congee into bowls and top with your desired garnishes such as sliced green onions, grated ginger, or a drizzle of sesame oil. Serve immediately while hot.

Tips

Rinse your rice thoroughly before cooking to remove excess starch, which can make the congee gummy rather than creamy.
For faster cooking, try freezing the rice overnight before cooking - the ice crystals help break down the grain structure.

Stir the congee occasionally during cooking to prevent sticking, but don't over-stir as this can make it gluey.

If using homemade stock instead of water, choose a mild-flavored broth that won't overpower the delicate rice flavor.

Add a pinch of salt early in the cooking process to help break down the rice grains more effectively.

For ultra-smooth congee, blend a portion of the cooked porridge and stir it back in for extra creaminess.

Taste and adjust seasoning just before serving, as the flavors will concentrate during the long cooking process.

Prepare toppings in advance so they're ready to add immediately when the congee is done - this dish is best served hot.