



Multigrain congee with shiitake, ginger and scallion

Preparation Time: 15 min

Cooking Time: 75 min

Servings: 4

Ingredients:

- 6 dried shiitake mushrooms
- 60 mL (¼ cup) uncooked wheat berries, rinsed in cold water
- 85 mL (1/3 cup) uncooked Calrose, jasmine or other medium grain white rice, rinsed in cold water
- 30 mL (2 tbsp) uncooked black rice or other whole grain rice, rinsed in cold water
- 60 mL (¼ cup) uncooked millet or sorghum
- 1 ¾ L (7 cups) cold water, divided
- 6 pieces scallion, roots removed and thinly sliced
- 30 mL (2 tbsp) fresh ginger, peeled and thinly sliced
- 5 mL (1 tsp) sesame oil, toasted
- 15 mL (1 tbsp) lower sodium soy sauce
- Salt and white pepper to taste

Steps:

Step 1: Soak shiitake mushrooms in 250 mL (1 cup) cold water for 12 hours in the refrigerator. Remove any tough stems and cut pre-soaked mushrooms into ½ cm (¼ inch) slices. Reserve soaking liquid.

Step 2: In a large pot, bring shiitakes, soaking liquid, wheat berries, white rice, black rice, millet, and cold water to a simmer over medium heat.

Step 3: Cover congee and cook for 1 hour and 15 minutes, stirring every 15 minutes to prevent grains from sticking to the bottom of the pot as they become softer. The congee is ready to eat when grains have broken down and mixture is creamy.

Step 4: Serve hot congee in bowls. Garnish each bowl with scallions, ginger, toasted sesame oil, and lower sodium soy sauce. Season with salt and white pepper to taste.

Tips:

Tip - Regrow scallions by planting cut roots in your garden. You can also place them in a glass of water on your windowsill.

Tip - Change it up! Use whole grain barley instead of wheat berries.

Tip - Add extra flavour by braising bone-in chicken drumsticks or thighs in the congee while it is cooking. Dark meat chicken stands up well to longer cooking methods and will be tender and juicy.

Tip - This recipe can be prepared in a rice cooker or slow cooker without needing to stir every 15 minutes.

Would you like to drink something?

Alcoholic :

Angelica Liqueur

Jack's Vanilla Coke

50/50

Non-Alcoholic :

410 Gone

3-Mile Long Island Iced Tea

1-900-FUK-MEUP

Bored while cooking? Here are some riddles :

Walking On Legs O' Plenty :

What walks on four legs in the beginning, two legs in the middle and three legs in the end?

Eight Spears :

This is a very old riddle holding two swords and eight spears and dressed in a cow-leather tunic, i peek through a hole in the door. what am i?

What Am I? :

I am white and grey. i am fuzzy. i grow on trees. i come out in the spring. what am i

Little Locomotive :

If an electric is traveling north at 150 mph, what direction will the steam go?

Here are the answers :

Walking On Legs O' Plenty :

A person. when they're born they crawl on four, when they get older they walk on 2 legs and when they get old they walk with a cane.

Eight Spears :

A crab.

What Am I? :

Pussy willow

Little Locomotive :

Up. i bet that you said an electric train doesn't have steam. an electric train doesn't have smoke.