

BASIC RICE SOUP

(Jook or Congee)

1 1/4 c. long-grain white rice
3/4 tsp. salt
1 tbsp. oil
3 qt. chicken stock
1/2 c. raw peanuts (optional)
1 recipe Beef, Chicken, or Pork
Meatballs for Rice Soup (following)
2 green onions, finely chopped
1 tbsp. slivered ginger

Serves 6-8

1. Wash rice in 4 changes of water and drain well. Place in a bowl and add salt and oil. Let stand at room temperature overnight. (This standing time makes the rice very smooth; the time may be reduced if necessary.)
2. Bring chicken stock to a boil.
3. Add rice and peanuts. Bring to a boil again, cover, and cook over medium heat for 2 hours. Stir frequently so that the rice does not burn. The soup should have the consistency of oatmeal mush mixed with milk.
4. While soup cooks, prepare the beef, chicken, or pork meatballs.
5. Taste soup and adjust with salt.
6. Add beef, chicken, or pork meatballs. Cover and cook for 10 minutes.
7. Garnish with onions and ginger.

Advance preparation: Steps 1-4 may be completed several days in advance and refrigerated. Bring to a boil before adding meat.

Note: The Chinese often eat this hearty soup for breakfast or a late-night snack.

BEEF FOR RICE SOUP

(Ngow Yuk Jook)

1 lb. flank steak

Seasoning:

1 tsp. salt
1/2 tsp. sugar
1 tsp. oyster sauce
1 tsp. thin soy sauce
2 tsp. white wine
1 tbsp. cornstarch

1. Cut flank steak lengthwise (with grain of meat) into 3 equal strips each about 1 1/2" wide. Cut each strip across the grain into thin slices. Place in a bowl.
2. Add seasoning ingredients to beef. Mix well.

Advance preparation: The entire recipe may be prepared 1 day in advance and refrigerated.

* May need to add
water while cooking
the jook.

CHICKEN FOR RICE SOUP

(Gai Jook)

1. Skin and bone chicken. Cut meat into pieces $1\frac{1}{2}$ " by $\frac{1}{2}$ ". Place in a bowl.
2. Add seasoning ingredients to chicken. Mix well.

Advance preparation: The entire recipe may be prepared 1 day in advance and refrigerated.

2 whole chicken breasts

Seasoning:

*$\frac{3}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. sugar
dash of pepper
 $1\frac{1}{2}$ tsp. thin soy sauce
1 tbsp. cornstarch*

PORK MEATBALLS FOR RICE SOUP

(Yuk Kau Jook)

1. Shell, devein, wash, and drain prawns.
2. Chop prawns very fine. Place in a bowl with pork and green onion.
3. Add seasoning ingredients to pork mixture. Mix well.
4. Form into balls about 1" in diameter.

Advance preparation: The entire recipe may be prepared 1 day in advance and refrigerated.

*$\frac{1}{4}$ lb. medium-sized prawns in the shell
 $\frac{3}{4}$ lb. ground lean pork
1 green onion, finely chopped*

Seasoning:

*1 tsp. salt
 $\frac{1}{2}$ tsp. sugar
1 tsp. thin soy sauce
2 tbsp. cornstarch*