

RICE CONGEE

Rice congees are often used in Chinese Medicine as food therapy. The congee is made of white rice and is an easy to digest dish that is either eaten on its own or used as a base for other foods or herbal medicinals.

Congees are often given to babies just starting to eat food or to people convalescing from a long illness.

Congees are a nice food for women postpartum to childbirth. They are a helpful food therapy for people with certain kinds of digestive problems.

If you are using a congee as a base for medicinals or for food therapy, your practitioner will tell you what to add to it.

HOW TO PREPARE A RICE CONGEE

You will need a crockpot or slow cooker. If you cook it on a stove you will have to carefully watch it because it must cook for a long time. A crockpot is by far the easiest way to prepare the congee.

Place one cup of *white* rice in the crockpot.

Add 4-5 cups of water or organic broth.

Turn on low and cook overnight.

In the morning you will have a nice pot of rice porridge. It is easily digestible and the rice is a little sweet, so it gently awakens your spleen and stomach for the day.

This will be very bland if eaten alone. You can add fruit, nuts, a little salt, small amounts of butter and honey to your congee. This makes an excellent breakfast. If desired, you can add some of these things in the beginning so they stew with the rice. For lunch or dinner you can add bits of well-cooked chicken, fish, or meat, and cooked or steamed vegetables. You can adjust the amount of water or broth to get the consistency of congee you prefer. Obviously, you should avoid adding any foods (like salt or butter) your

physician has advised you not to eat for health reasons.

Sometimes people are resistant to the idea of using white rice. The reason for using white, rather than brown, rice is that the white rice is hulled so difficult to digest material is removed. You can go back to eating brown rice when you are better able to assimilate it.

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