



Waterdown Clinic of Naturopathic Medicine
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Congee Recipe

Congee is traditionally eaten throughout China as a breakfast food. It is a thick porridge consisting of a handful of rice simmered in 5-6 times the amount of water.

1 cup of white rice

6 cups of filtered or spring water

Other ingredients as instructed by your ND (see below)

Simmer rice, water and other ingredients in a covered pot four to six hours on warm, or the lowest flame possible. A crockpot works very well for congees. It is better to use too much water than too little. It is said that the longer congee cooks, the more powerful it becomes.

Healing Properties:

- easily digested and assimilated
- tonifies the blood and the qi
- harmonizes digestion
- soothing (demulcent), cooling and nourishing

Additional Ingredients (add ½ to 1 cup of each or as instructed by your ND)

- | | |
|--|-------------------------|
| € aduki bean | € red pepper |
| € apricot kernel | € pine nut kernel |
| € carrot | € poppy seed |
| € celery | € purslane |
| € chestnut | € radish |
| € water chestnut | € pickled radish (salt) |
| € chicken or mutton broth | € brown rice |
| € duck or carp broth | € sweet rice |
| € fennel | € scallion bulb |
| € ginger | € sesame seed |
| € organic kidney from pig, sheep or deer | € shepherd's purse |
| € leek | € spinach |
| € organic liver from sheep or chicken | € taro root |
| € mallow | € wheat |
| € mung bean | € yogurt and honey |
| € mustard | |
| € salted onion | |
| € black pepper | |

(From: Healing With Whole Foods, by Paul Pitchford)