

Chinese Chicken Congee

<http://userealbutter.com/2012/01/09/chinese-chicken-congee-recipe/>

1 cup short grain white rice (sushi rice is fine, don't use sweet rice!)
5 cups water
2 cups chicken broth (or more)
1/4 cup ginger, peeled and minced
1/4 cup green onions, minced
1/2 to 1 cup cooked chicken, shredded
salt to taste
dash sesame oil

Wash the rice under cold water. I typically give it 2-3 rinses. Place the rice and 5 cups of water in a medium saucepan and bring to a boil. Reduce the heat to a simmer, occasionally stirring the rice so it isn't sticking to the bottom of the pan. Stir in more water (or broth) as necessary if the congee starts to get too thick, about a cup at a time. Turn the heat to high, bring it to a boil, and reduce to a simmer. Continue this until the rice is practically disintegrating and very soft (about 2 hours). If you prefer a mellower ginger flavor, add the ginger when the congee is not quite done. When the congee is the right doneness, add more broth to achieve a soupy consistency or continue to simmer to desired thickness. [Optional: You can run the congee through a blender (please be careful as hot congee can explode from the blender) for a super smooth texture.] If you like a stronger ginger flavor, add the ginger now. Stir in the green onions and shredded chicken. Salt to taste (don't use soy sauce). Stir in a dash of sesame oil. Serve hot with sliced Chinese doughnuts, chili radishes, chili bamboo shoots, Chinese pickled cucumbers, pork sung, green onions, thousand year old eggs, or any other add-ins. Serves 4.

Chicken: Store-bought broth and chicken meat are fine to use, but I prefer making my own. Here's how I do it. I place 2 pounds of chicken (with bone) in a pot with about 2 quarts of water. In my pressure cooker, I set this on high for 20 minutes and let it cool on natural release (about 15 minutes). On the stove top, I bring the pot to a boil and reduce to a good simmer, half covered, and cook until the chicken is literally falling off the bone (close to 3 hours). I defat my chicken broth and add salt to taste. I remove the skin, bones, cartilage, and fat from the chicken and shred the remaining meat with two forks.