



Yum Yum Brown Rice Congee

NIBBLEDISH CONTRIBUTOR

Ingredients

- Half cup of brown rice
- 4 cups water
- 1 tsp minced garlic
- 1 tsp fish sauce
- 1/2 tbsp thinly sliced ginger
- really thin sliver of butter

- Green onion
- pepper (white preferred)

Instructions

Super easy, super healthy and takes forever to cook but totally worth it. Great alternative to white rice congee and far more nutritious.

Bring rice, water, ginger and garlic to a boil. Turn heat down to low (should be a slow simmer) and cover pot. Cook for 2-3 hours occasionally stirring.

Add butter and stir really well until the consistency changes into porridge. Garnish with green onion and pepper. Serve it immediately or cover it so it won't dry out.

Try it with Chinese fried doughnut or a poached egg. Mmm mmm mmm!

Makes 4 servings