

CANTONESE WORKER'S JOOK 粥

Unhulled Long Grain Rice Congee



The Chinese gold miner, railroad builder, logger, fisherman, and early workers building California ate a lot of chicken soup with rice, because it settles upset stomachs, soothes sore throats and warms chilled bodies. Chinese workers crave it when winter arrives and when they feel a cold coming on. Congee, also known as “Jook” in Cantonese, is a popular and delicious choice for breakfast, lunch or late night snack.

This one-pot wonder soup heals and is delicious to eat. The longer you cook it, the thicker it gets, just add water. Easy to digest, jook is fed to babies, the sick and the elderly.

SERVES 4

METHOD: Electric Pressure Cooker

Preparation :20 Set Timer :25 Preheating :10 Total 0:55

4.00	whole	chicken thighs	skinless
1.00	tablespoon	oyster sauce	Lee Kum Kee brand
1.00	ounces	gingko nuts	canned or refrigerated
2.00	teaspoons	sugar	granulated
0.25	teaspoon	white pepper	ground
1.54	cups	rice	brown long grain rice
2.00	ounces	cured pork belly	or Chinese cured sweet sausage
1.00	ounces	dried bean curd	sticks or sheets
7.00	cups	chicken broth	Swanson's canned or homemade

Preparation:

1. Slice cured pork or sausage into bite size pieces, about ¼ inch thick.
2. Break dried beancurd sticks or sheets into 3 inch pieces.
3. Put all of the ingredients in your the inner pot of your pressure cooker.
4. Place the lid on your pressure cooker, lock the lid, and switch the pressure release valve to closed.
5. Press the cook time button until you reach 25 minutes.
6. Once the timer switches 0, the cooker will automatically keep warm.
7. Press stop button. Switch pressure release to open.
8. When the steam is completely released, remove the lid and stir before serving.

Traditional Chinese Medicine Health benefits of eating jook:

Strengthens the lungs and relieves asthma

Strengthens the spleen and replenishes chi, the life force of good health

Stops wheezing and dispels phlegm

Soothes coughs

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