

Congee is comfort food at it's best. This heart-warming rice dish, is often used as a staple food served with a selection of side dishes; it's simple to cook and easily digested. Congee is popular in Asian countries and it's early history is in China. This recipe is vegan but can easily be modified for your meat loving friends and family.

INGREDIENTS

- 1 cup mushrooms thinly sliced, any kind
Try using local Shiitake mushrooms from [Ozark Forest Mushrooms](#)
- 3-4 cups dried porcini mushrooms
From Ozark Forest Mushrooms
- 1 cup long grain rice
For best results use local [Castor River Farms](#) rice found in most Schnucks or Dierbergs grocery stores
- 1 scallion
- 8 cups of water
- 1/4 cup of soy sauce
- 1/4 cup of olive oil
- 1 knob of ginger thinly sliced

OPTIONAL TOPPINGS

- Chili Oil, Sesame Oil,
- Truffle Butter
from [Ozark Forest Mushrooms](#)
- Crispy Shallots
- 1/4 lb Sausage of any style
We recommend a Lap Cheong sausage

MUSHROOM CONGEE



PREP TIME: 35 MINUTES | COOK TIME: 45 MINUTES

Recipe courtesy of Mike Shine, Sassafras Cafe (at Missouri Botanical Garden). Sassafras Cafe is a 5-star certified [Green Dining Alliance](#) restaurant.



STEP 1 - MAKE MUSHROOM STOCK

- Combine thinly sliced mushrooms, dried porcini mushrooms, and water in a large pot.
- Bring to a boil, then reduce to a simmer.
- Strain mushrooms from broth and set aside for roasting.



STEP 3 - RINSE RICE

- Place the rice into a fine mesh strainer and rinse with cold water, stirring to agitate rice.
- The rinse water will have a cloudy, starchy appearance at first but will become clear once all the surface starch has been removed.
- Keep reserving and checking, a small amount at a time, until it is clear.



STEP 2 - ROAST MUSHROOMS

- Preheat the oven to 500°.
- In a large bowl toss the mushrooms with the garlic, soy sauce, and oil.
- Spread the mushroom mixture out evenly on a baking sheet. The mushrooms will not roast if they are crowded together on the baking sheet. It is better to use a larger baking sheet than to crowd on a small one.



STEP 4 - COOK THE CONGEE

- Place the rinsed rice, ginger, and mushroom stock in a large heavy bottomed pot.
- Cook for 45 minutes, stirring occasionally to prevent sticking to the bottom of the pot. The rice will slowly break down and the consistency will thicken.
- Cook until the rice is thick and creamy with a texture similar to oatmeal. Stir in the roasted mushrooms. Season with salt as needed.



STEP 2 CONTINUED - ROAST MUSHROOMS

- Roast in the oven for 6 minutes. Remove the pan and stir the ingredients. Ensure mushrooms are spread out again before returning to the oven. Roast for another 6 minutes.
- Remove the pan from the oven and set aside. The mushrooms should have reduced in size and will have released a good amount of their moisture.



STEP 5 - PREPARE AND SERVE

- Portion into bowls, top with scallions and other toppings and enjoy!

If you are looking to punch up the recipe with some protein, cook the sausage in the pot before cooking the congee. Remove the sausage, leaving the drippings in the pot, and proceed with step 4. Top with the cooked sausage in step 5.