



FEIFEI LIU
TRADITIONAL
CHINESE MEDICINE
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Eggs and Ginger Congee

YIELD

Serves 4

ACTIVE TIME

45min

INGREDIENTS

- 3-4 organic eggs-- Make scramble eggs and put them on the side
- 10 cups water
- 3 (1/4-inch-thick) slices fresh ginger-wash and cut into slices, keep the ginger skin on.
- 1/2 teaspoon sea salt
- 1 cup organic brown rice
- celery, broccoli, and carrots.Choose all three or just one, cut into small pieces
- Olive oil or sesame oil

PREPARATION

1. In large pot add water, rice, salt, and ginger. Bring the mixture to a boil, then reduce the heat to a medium-high simmer. Stir occasionally so that the rice does not clump or stick at the bottom.
- 2.Cook on medium-high heat the congee for about 45 minutes then add the celery, broccoli, and carrots.
- 3.Continue to simmer until the congee is thickened and creamy and the vegetables are tender and soft. Add salt for taste.
4. Make scramble eggs and add to congee, mix it into congee
5. Add olive oil or sesame oil and mix well into congee
6. Serve warm. Keep the rest in the refrigerator
- 7.Warm up in stove. NO MICROWAVE.