



Clam Mung Bean Congee

A warm hearty bowl of congee is perfect for the winter days or when you are sick.



Serving

6, 1 ½ cup servings



Prep

10 Minutes



Cook

60 Minutes



Contributer

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- 1 cup Jasmine rice
- ½ cup Canned mung bean, drained and rinsed (125 mL)
- 1 bag Frozen cooked clam meat, thawed and rinsed
- ½ cup Lean ground pork
- 2 tbsp Ginger, peeled and minced
- 1 tbsp Shallot, minced
- 2 tbsp Green onion, chopped
- 4 cups Low sodium vegetable or chicken broth (1 L)
- 3 cups Water
- 1 tbsp Fish sauce
- 1 tsp Black pepper
- 1 tsp Chili paste (optional)
- 4 tsp Olive oil

1. In a large pot, heat up 2 tsp olive oil on medium heat. Add the rice and stir for 1-2 minutes until fragrant. Then add the broth and water and simmer until the rice is cooked and softened, about 40 minutes, stir occasionally to make sure the rice does not stick to the pot.
2. Heat up 2 tsp of olive oil in a pan on medium heat. Add the minced shallot and 1 tbsp of minced ginger and stir for 1 minute until fragrant. Add the ground pork and sauté until fully cooked.
3. Add the clam meat into the pan and season with 1 tbsp of fish sauce. Sauté the pork and clam for another 1-2 minutes. Turn off the heat and set aside.
4. After cooking the rice for about 40 minutes, add the mung bean and the pork and clam mixture to the pot. Stir to mix and simmer for another 10-15 minutes until the rice grains are disintegrated.
5. Garnish with chopped green onion and turn off the heat. Serve hot with black pepper or chili paste.

Tips:

- Use pre-cooked rice to speed up the process.
- If using dry mung beans, soak in water overnight before cooking.
- If you prefer the rice grains to be softened but still intact, reduce the cooking time.



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CCNV
Consortium canadien en
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