

# Congee Recipe

*by Regina Ann*



With the change of season and this month's chakra focusing on the Crown Chakra I wanted to include a recipe that honors the season and the chakra. The Crown Chakra is less about the food and more about honoring and blessing the food you nourish your body with. It is also about incorporating gentle detoxifying foods into your daily routine.

Congee is a simple rice porridge that, as a result of the cooking method allows the body to assimilate and utilize the beneficial nutrients much easier. In Traditional Chinese Medicine it is recognized as having healing properties including tonifying the blood and Qi or life force energy and harmonizing digestion. It is often the first line of defense in many illnesses.

The beauty of Congee is that you can incorporate anything your body needs and the nutrients are better assimilated. My personal favorites include coconut milk, raw honey, cinnamon and whatever fruits my body is asking for in the moment. Congee can also be eaten as a savory dish and can include herbs, vegetables and whichever forms of protein you prefer.

For my Congee I prefer short grain brown rice. Brown rice is much more nutrient dense and I like the subtle nutty flavor. To prepare Congee simply measure out five to six times the pure water to the amount of rice you wish to prepare. I use a crockpot to prepare mine. Before adding my rice to the water I "polish" the rice by pouring a handful of rice into one hand then gently rubbing my hands together allowing the rice to fall into the water as it is polished. Once all the rice is in the water cover the pot and cook on low overnight or at least six hours. Then add your favorites and enjoy. Congee typically stays good refrigerated for about a week but mine never lasts that long.