

Winter Congee

From the kitchen of [Emily Clark, LAc](#)

Cooking time: About an hour

Servings: 4



Ingredients:

- 2 cups of cooked white rice
- 5 cups of water
- 1 pound chicken bones or 2 chicken thighs
- 3, 1/2-inch-thick slices fresh ginger (or more if desired)
- 1 large clove of garlic crushed or mashed
- 1 green onion
- 1 yellow onion
- Tamari or coconut aminos and/or salt and pepper to taste
- Sesame oil to drizzle (optional)
- Garnishes (optional): shredded chicken, chopped green onion or chives, fried, soft boiled, or poached egg

Directions:

1. Combine rice, water, chicken bones/thighs, ginger, garlic, green onion, yellow onion in a medium pot and bring to a boil over high heat.
2. Reduce heat to low, and cover pot. Simmer for 1 hour, stirring occasionally.
3. If using chicken thighs, remove them after about 20 minutes and shred up/chop meat to use as garnish for later if desired.
4. Continue cooking for 40-45 minutes.
5. When the rice grains thicken and the consistency is that similar to oatmeal, it's done/ready. Add more water if too thick, continue cooking down for a bit if too thin/runny.
6. Remove bones, ginger, and green onion.
7. Add salt and pepper to taste (optional).
8. Ladle into bowls and garnish as desired.
9. Eat, enjoy and feel better!