



Greetings! Below you will find directions to prepare simple grain porridge, aka congee.

Congee - This is the recipe for the rice/grain porridge mentioned in the workshop that helps aid digestion and assimilation.

Ingredients- Water, Rice (or any other of the suggested grains), spice (choose 1, for example ginger, fennel, or turmeric etc.)

- 1) add 1 cup of soaked grain into a stainless steel pot or crockpot. (Grains should be soaked 6-8 hrs before cooking. This also aids assimilation.)
- 2) add 6-8 cups water (spring water ideal)
- 3) place lid on pot/crockpot
- 4) set heat to lowest temperature/simmer
- 5) let cook for 6-8 hrs.

Ideal to cook overnight if using a crockpot, so that the congee is ready to eat in the morning. It should have a soupy porridge-like consistency.

According to the circadian clock used in Chinese Medicine, 7-9 AM is the time of optimal functioning for the stomach channel so it is said to aim for this window of time to increase benefits.

The congee can be refrigerated and warmed later by simply adding a small amount of water and reheating on the stovetop, no microwave.

Start with a simple 1 grain + 1 spice, then you can add 1 vegetable, seed or fruit to the combination later.

Please reach out if you have any questions.

Geo

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