

Lobster Congee Recipe

(Lung Har Chok)

Ingredients:

¼ cup glutinous rice
½ cup short-grain rice
4½ cups water
880 ml Chicken Stock
1 scallion, trimmed and finely sliced
3 tablespoons finely sliced fresh coriander (cilantro) leaves
3 tablespoons finely julienned fresh ginger
100 g won ton wrappers
3½ cups peanut oil
Three 250-g lobster tails
1 egg, beaten

For the marinade:

1 teaspoon ginger juice mixed with 1½ tablespoons Mei Kuei Lu Chiew
(Chinese cooking wine) or gin
2 teaspoons soy sauce
1 teaspoons sugar
½ teaspoon salt
1½ teaspoons Chinese white rice vinegar or distilled vinegar
Pinch freshly ground white pepper

Method:

To cook the rice, place both rice in a large pot, with water to cover. Wash the rice by rubbing between your palms. Drain. Repeat twice more. Return the washed rice to the pot, add the 4½ cups of water and stock, and bring to a boil over high heat. Reduce the heat to medium-low, cover the pot, leaving the lid cracked, and cook for 1 hour, stirring occasionally to prevent the rice from sticking to the pot bottom. A nonstick pot is preferred. While the congee is cooking, prepare the accompaniments. Place the sliced scallion, coriander, and julienned ginger in 3 small bowls and reserve. Scrape the cornstarch coating from the won ton wrappers and slice into ¼-inch strips. Heat a wok over high heat, add the oil, and bring to 180°C. Place the won ton strips in the oil and deep-fry, separating the strips with a spatula, for 30 to 45 seconds, until brown. Turn off the heat, remove the strips with a Chinese strainer, drain over paper towels, and reserve. As the congee still cooks, prepare the lobster. Remove the lobster meat from the shell, de-vein, and wash. Cut into 1-inch pieces. Combine the marinade ingredients in a bowl and place the lobster meat in the marinade for no more than 5 minutes. At this point, when the congee is done, raise the heat to medium and return to a boil. Add the lobster and marinade and stir well. Raise the heat and bring to a boil. Stir to prevent sticking. Boil for 2 minutes or until the lobster turns white. Drizzle in the beaten egg and stir. Turn off the heat. Remove the congee to a heated tureen. Transfer the deep-fried noodles to a dish and serve along with the other condiments.