

Preserved Egg Congee Recipe

(Pei Tan Chok)

Ingredients:

¼ cup glutinous rice
½ cup short-grain rice
4½ cups water
1 quart Chicken Stock
2 preserved eggs
2 cups salted pork, cut into thin slices, 1½ inches x ½ inch

For the sauce:

1½ tablespoons coriander (cilantro) oil, peanut oil or sesame oil
1 tablespoon soy sauce
2 tablespoons chicken stock
⅓ teaspoon freshly ground white pepper

Method:

Combine the sauce ingredients and reserve. To prepare the eggs, remove the shells, wash and dry, cut into ⅓-inch dice, and reserve. 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 4 ½ 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. After the rice has cooked for 40 minutes, or two thirds of its cooking time, add the preserved eggs. Cook for 10 minutes more and add the pork. Stir and cook for the remaining 10 minutes. Turn off the heat, ladle the congee into individual bowls, and pour in the sauce to taste.

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