

Pumpkin Porridge (Congee) Recipe

Ingredients:

2 tablespoons glutinous rice, soaked for 1 hour then drained
400 g pumpkin, peeled, washed and steamed
250 ml water
1/2 tablespoon salt
2 tablespoons sugar

Method:

Grind glutinous rice in a blender with 125 ml water. The ground glutinous rice should be a milky white liquid with some residue. Remove and set aside. Puree steamed pumpkin in a blender with remaining water. Remove and set aside. Place ground glutinous rice mixture in a heavy pot and bring to the boil, stirring occasionally. Add pureed pumpkin and simmer for 15 minutes. Add salt and sugar then return to the boil before serving.

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