

Rice Porridge



Rice Porridge (Congee) with Shrimp, Bacon and Slow-Poached Egg.

The weather is getting wet and cold and I would like to share this recipe with everyone. I think it's a nice hearty dish to have under this weather. The cooking requires a level of precision and skill, but the reward will worth the effort.

Congee with Shrimp, Bacon and Slow-Poached Egg

(Serve 4)

- 1 cup Broken Jasmine Rice
- 6 cups chicken stock + water as needed
- Japanese soy sauce (Shoyu) to taste
- 1 lb shrimp, peeled and deveined
- 8 strips smoke bacon
- 4 eggs
- 1/2 cup green onion, chopped
- Black pepper
- Olive oil



The most complicate part of this dish is the slow-poached egg. If you do not have time and energy, we can substitute regular poach egg. This is basically a sous-vide egg, meaning we are bathing the egg in a controlled 145 F environment for 45 minutes. You can read more about sous-vide egg [here](#). We will have to cook the rice about that long anyway, so the time can also be spent on cooking the egg.

[Cooking Video – click the picture below to watch](#)



Direction (click on the picture above to watch the video demonstration)

1. To sous-vide the egg, fill your large pot with water. Now we do not want the egg to touch the base of the pot where temperature is higher, so find something to raise the bottom. I'm using my mortar as seen in the video. Be creative and use what you have in the kitchen. You will need a cooking thermometer here. Bring the temperature gently to 145F and keep it there. If the water is too warm, add ice chip. Too cold, raise the gas a notch. Add the egg and set the timer to 45 minutes. Monitor the temperature so it stays at 145F. If it gets to 150F we are running a risk of overcooking the yolk. Prolong the cooking time is fine, but too hot water is not. So keep an eye on that thermometer. Of course if you have a sous-vide machine, use it. 😊
2. Cook the rice porridge. Wash the rice in water (no detergent please). Drain and add the chicken stock. Cook on the stove top until rice is soft. This will take about 45 minutes. If the rice is thicken and water evaporates, add more water. At the last five minutes, season the rice with soy sauce to your taste.

3. While the rice and egg are cooking, prepare the shrimp. Pat the shrimp dried with paper towel. Toss the shrimp in olive oil. Season both sides with salt and pepper. Set aside.
4. Cook the bacon in a large skillet. The crisp the bacon, cook it on medium to low heat. Low and slow technique will render the fat and leave just the nice crispy bit of deliciousness. Remove the bacon and chop into small pieces.
5. In the same pan, drain the bacon fat. Turn the heat to high and add some olive oil. Add the shrimp to the pan. Let them sear on one side until you can see some pink on the side, flip it over and sear another side. Remove from pan. Do not overcook the shrimp. You want to time this step to finish also around the 45 minutes mark.
6. Once egg and rice are cooked. Start plating. I like to plate mine as shown in the video. You can go freestyle. Serve hot.



Yolk running and mixing with the rice porridge produces an amazing flavor



Broken Jasmine Rice. Any brand will work. If you can't find it, you can also use regular jasmine rice but you will need to blend the porridge in the blender to get the same consistency/texture

You can also try a variation of this dish, making it more traditional to the rice porridge served in Thailand. Substitute the shrimp and bacon with pork meatball, pork liver. Add ginger and some crispy bread, and optionally cooking the rice in pork stock instead of the chicken stock. I grew up eating this dish about once a week in Bangkok. It is a really nice way to start the day!



Dish variation - Pork congee with soft poached egg. Thai style.

I hope you enjoy making this dish. This dish is unfortunately not on the menu at Issara as it's traditionally served as a breakfast. But hey would you order it if we put it on the menu? Let us know what you think !!

