

Vegan Congee (Savory Rice Porridge) with Jackfruit and Mushrooms

Ingredients

For the porridge

- 1 cup brown jasmine rice
- A small piece of fresh ginger (about 10 grams)
- 1 TBSP. miso paste
- 1 TBSP. dulse flakes
- 2 TBSP. soy sauce
- 2 tightly packed cups of shredded cabbage
- 7 cups of water

For the jackfruit

- 1 small onion
- 2 cloves garlic
- 4 oz button mushrooms
- 1 20 oz. can green jackfruit
- 2 TBSP. vegetable oil
- ½ tsp. chili powder
- ½ tsp. smoked paprika
- 1 TBSP. soy sauce

To serve- all toppings optional

- Salt and pepper, to taste
- Cilantro, chopped
- Green onions, chopped
- Sesame oil
- Sesame seeds
- Dulse flakes
- Sriracha, or other hot sauce

Steps

1. Rinse your rice under cool water a few times, then place into a large pot. Cut the ginger into matchsticks, and shred your cabbage and add to the pot, along with the rest of the porridge ingredients. Bring the water in the pot up to a boil, and reduce to a simmer, leaving the pot covered but with the lid cracked for about 1 hour, 15



minutes, until it is thick and most of the water is evaporated.

2. While the porridge is cooking, dice the onion, mince the garlic, chop the mushrooms into small pieces, and drain the liquid from the jackfruit. Heat the oil in a medium-sized skillet, and add the garlic and onions, cooking until fragrant. Add the mushrooms, paprika, chili powder and soy sauce, and cook for a couple minutes before adding the jackfruit. Squeeze the jackfruit a little, to loosen up the larger clumps, as you add it to the skillet. Stir-fry for about 10 minutes, using your spatula to further break up the jackfruit as you cook. Set aside.

3. To serve, add some porridge and jackfruit to a bowl, and choose from the toppings suggested above.