

Congee (jook)

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chicken-jook-recipe>

Ingredients:

- 1 cup jasmine rice uncooked
- 3 cloves garlic
- 3 inches fresh ginger
- 4 mushrooms shittake
- 2 pounds bone-in chicken pieces, can also sub 1.5 lb chicken breast
- 7 cups water
- 1/2 tablespoon salt or to taste
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 tablespoon base Broth, optional
- 3 green onions sliced
- 1/3 cup peanuts chopped
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame oil
- 1 tablespoon Sriracha sauce
- 4 soft-boiled eggs

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 240 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 40 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 960 milligrams
9. Sugar: 2 grams

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