



GIVE PLANTS A CHANCE

.....

MUSHROOM, LEEKS, AND GINGER CONGEE

Serves 4-6

Lugaw / Congee Ingredients

1-tablespoon canola oil
½ cup chopped yellow onions
3 cloves of minced garlic
1 tablespoon peeled and finely chopped ginger
1 cup finely chopped leeks, white parts only
1 cup sliced carrots
2 cups, sliced shiitake mushrooms
2 cups short grain rice
1.5 quarts mushroom stock
1 bunch of asparagus, cut into 1-inch
½ cup sweet peas
½ bunch spinach
Salt and pepper to taste
Julienned scallions
Pressed diced tofu (optional)
Sesame seeds
Sesame oil

Instructions:

Place a 4-quart stockpot on medium heat and add the oil. Once the oil is hot, add the chopped onions and sauté for 1 minute; add the garlic, ginger, and sauté just until fragrant; add the leeks, carrots, and mushrooms and cook for about 1 minute; add the rice to the pot and stir for about one minute coating the rice with oil. Add the 1 quart of the stock to the rice and stir, making sure that the rice is not stuck to the pan; bring to a slow boil. Reduce the heat to low, cover the pot and simmer low until the rice is cooked, checking every five minutes, adding stock as needed, stirring, making sure that there is plenty of broth and the rice is not sticking to the pan. Add the asparagus, peas and spinach; season with salt and pepper. Turn off heat. Top the porridge with scallions and tofu if desired. Garnish with sesame seeds and a drizzle of sesame oil. Serve hot in a bowl.

Stock Ingredients:

2 cups mushroom stems
1 inch ginger, peeled
1 medium onion, quartered
1 leek, washed well, chopped large
2 cloves of garlic
Fresh thyme and parsley sprigs
2 quarts of water

Instructions:

Bring all ingredients to a boil then simmer for 20 minutes



This recipe is plant-forward, sustainable, healthy, and includes a little bit of my Filipino heritage. Just like my grandmother's hugs made me feel this porridge will fill you up with warmth and comfort.

