RECIPE

Slow-Simmered Brown Rice Porridge with Egg and Bok Choy

A breakfast porridge of brown rice simmered in broth and water with ginger, then finished with ribbons of egg and bok choy; about 320 mg of sodium a bowl.

MAKES

4 servings US Metric

TOTAL

1 h 50 min

Ingredients

- [ ] 1 cup medium-grain brown rice, uncooked, rinsed
- [ ] 4 cups low-sodium chicken broth
- [ ] 4 cups water, for cooking the rice
- [ ] 3 tsp grated fresh ginger
- [ ] 4 large eggs
- [ ] 4 cups shredded bok choy, leaves and stems
- [ ] 1 tbsp low-sodium soy sauce
- [ ] 4 medium scallions, sliced
- [ ] 1 tbsp sesame seeds, toasted
- [ ] ¼ tsp black pepper

Method

1. Rinse the rice in a strainer until the water runs mostly clear. Put it in a heavy 4-quart pot with the broth, the water and the ginger.
2. Bring to a boil over high heat, stirring once. Turn the heat down until the surface bubbles gently, and set the lid ajar so steam can leave.
3. Simmer 90 minutes, stirring every 15 minutes and scraping the bottom, until the grains have split and the porridge is thick and creamy. The house allows about a quarter longer than sea level for a simmer at 5,300 ft, where water boils near 203 °F (our kitchen practice: the held rule is for meat).
4. Whisk the eggs in a bowl. Stir the porridge in a slow circle and pour the eggs in a thin stream so they set in ribbons. Stir in the bok choy and the soy sauce.

5 Simmer 3 to 4 minutes, until the stems are tender and the egg is fully set, with no liquid egg left. An egg dish is done at 160 °F in the center (USDA).

6 Ladle into four bowls. Top each with the scallion, sesame seeds and black pepper, and serve hot.