

Rice Soup

Learn to make authentic Asian rice soup (congee). Creamy, comforting dish perfect for breakfast or light meals. Simple recipe with expert tips.

5 min

PREP

20 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Rice Soup

Ingredients

- 4 cup bone broth
- 6 tbsp rice
- 2 tomato
- 1 tbsp sunflower oil
- 1 tsp sea salt
- 1 tsp black pepper

Instructions

- 1 Prepare the rice**

Rinse 6 tablespoons of rice in a fine-mesh strainer under cold water until the water runs clear, about 1-2 minutes. Drain thoroughly.
- 2 Heat the broth base**

Heat 1 tablespoon of oil in a heavy-bottomed pot over medium heat. Add 2 grated tomatoes and cook, stirring frequently, until the liquid evaporates and the mixture darkens slightly, about 3-4 minutes.
- 3** Add 4 cups of broth to the pot and bring to a gentle boil over medium-high heat, about 5-7 minutes.
- 4 Cook the rice**

Add the drained rice to the boiling broth and reduce heat to low. Simmer gently, stirring occasionally, for 60-90 minutes until the rice completely breaks down and the soup becomes thick and creamy.
- 5 Season and finish**

Season with 1 teaspoon salt and 1 teaspoon black pepper. Stir well and simmer for 5 more minutes.
- 6 Serve**

Taste and adjust seasoning if needed. Ladle the hot soup into bowls and serve immediately.

Tips

Use the right rice-to-liquid ratio: Start with 1 cup of rice to 8-10 cups of liquid. This seems like a lot, but the rice will absorb most of it during the long cooking process.

Rinse rice thoroughly until water runs clear to remove excess starch, which can make the congee gluey rather than silky smooth.

Cook low and slow for at least 1-1.5 hours, stirring occasionally to prevent sticking. The longer cooking time allows the rice to completely break down and release its starches naturally.

Use a heavy-bottomed pot to prevent burning and ensure even heat distribution. A Dutch oven or heavy saucepan works perfectly.

Stir in one direction consistently to help break down the rice grains and create a smoother texture.

Season at the end of cooking, as the flavors will concentrate as the liquid reduces during the long cooking process.

Make extra and freeze portions - congee freezes beautifully and makes an excellent quick meal when reheated with a splash of broth.

Prepare toppings while the congee cooks to have everything ready for serving. Fresh herbs, proteins, and garnishes are best added just before eating.