

Grandma Yan's Favorite Herbal Congee

(December)

Makes 4 - 6 servings

8 ounces	duck or chicken meat
4 ounces	fresh mountain yams
8 cups	chicken stock
2 pieces	dried duck kidney (optional), soaked and sliced
1/3 cup	glutinous rice
1/4 cup	red rice
2 tablespoons	millet
2 tablespoons	cishi
¼ cup	dried lotus seeds, soaked
4	thin slices ginger, shredded
3	red dates, seedless
4	dried tangerine peel, soaked and shredded

Seasonings

To taste	salt
To taste	white pepper
	Sliced green onion, for garnish

1. Shred duck meat; set aside.
2. Peel mountain yams, slice and place in a bowl with water to cover; set aside.
3. Bring chicken stock to a boil in a large pot. Add duck kidney, glutinous rice, red rice, millet, cishi, lotus seeds, ginger, red dates and tangerine peel. Cook for 30 minutes over medium-high heat until soft.
4. Drain yams and add to hot liquid. Reduce heat to medium-low and cook for 5-10 minutes.
5. Add duck meat; cook for 2-3 minutes. Add salt and white pepper to taste. Garnish with green onion.