

# Laba Congee

Laba congee is a traditional Chinese soup/porridge that we cook on Dec 8<sup>th</sup> of the Lunar calendar. It's meant to use up all the old grains and symbolizes hope for a good harvest in the coming new year. Therefore, the recipe is very versatile. Any grains, beans, or dry fruits can be used. The following is a version I usually cook.

## **Ingredients:**

**Rice** - 1/2 cup

**Soughum** - 1/4 cup (This may be tricky to find and can be replaced by other grains you have.)

**Barley** - 1/4 cup

**Dry red beans** - 1/4 cup

**Dry mung beans** - 1/4 cup

**Dry black beans** - 1/4 cup

**Dates or Dry jujube** - 1/2 cup

**Dry longan pulp** - 1/3 cup (This is another weird one. It's just what I'm used to, but I have seen people use raisins or other dry fruit to replace it.)

Rinse all the ingredients with water. Add all of them and 5 and ½ cups of water to a slow cooker and cook on low heat for ~7 hours. If the congee appears too dry/thick, water can be added and be mixed to achieve the desired consistency.

If you want to use a rice cooker or instant pot, the dry beans need to be soaked in water for 6 hours or longer.

This congee can be served sweet or plain. If sweet, you can add some sugar to your taste. And when served plain, it goes well with kimchi or pickled vegetables.