

## Tonic Congee

½ cup brown rice

10 cups purified water

10 grams Huang Qi (about 7-10 pieces)

5 pieces da zao (red Chinese date)

Grated ginger (1 piece, or to taste)

1 extra large carrot, cut into chunks

Add ½ cup of brown rice to 10 cups of purified water. Bring to a boil and stir. Reduce heat to lowest setting, apply the lid and let simmer for 2 hours. Add Huang Qi (astragalus), da zao (red Chinese date) to soup. Rinse herbs before adding. Simmer another 2-3 hours. Rinse, peel and grate the ginger. You can also slice ginger, or add in a chunk. Simmer another hour. Prepare carrot and add when congee is almost ready (so it won't be overcooked). Simmer another 30 minutes until carrot is cooked.

This congee is a very powerful qi and energy tonic. Can be eaten for breakfast or lunch, and makes a good substitute for coffee or caffeinated beverages. This congee is ideal if you are trying to get off coffee/caffeine.

Other additions as desired:

Chicken pieces/chicken stock: makes the congee more tonifying. Chicken has warming thermal nature, sweet flavor. Improves bone marrow and essence and specifically affects digestion.

Green Onion (scallion): pungent, bitter flavor. Promotes urination/sweating. Very good for use at the first sign of a cold. Relieves dampness and edema.

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