



ROASTED CHICKEN AND SAFFRON LONG GRAIN RICE PORRIDGE



YIELD:

4 Servings

RECIPE TYPE:

Breakfast, Lunch, Dinner

RECIPE CATEGORY:

Cheap Seats, Minimum Prep

INGREDIENTS:

ROASTED CHICKEN

1 (2.5 pound) whole chicken (giblets removed and discarded, if included)
salt and pepper, to taste
6 cloves garlic, grated (about 2 tablespoons)

SAFFRON LONG GRAIN RICE PORRIDGE

3 (2 inch) pieces fresh ginger root
1 stalk lemongrass, pounded and chopped
1 cup uncooked jasmine rice
1 tablespoon salt, or to taste
¼ teaspoon saffron
¼ teaspoon turmeric
¼ cup cilantro, chopped
ground black pepper, to taste
1 lime, cut into 8 wedges

This rice porridge, also known as a congee, is a hearty porridge made from rice and broth that has been boiled and prepared slowly until it reaches a thick consistency. In Asian countries congee is considered a comfort food. This recipe is highly comforting and quite warming with its addition of saffron and turmeric. The saffron and turmeric also enhance the color, making it even more pleasing to enjoy. This comforting dish gives you everything you've asked for without leaving you with the feeling of being weighed down. It is flavorful and light and is perfect when you are feeling a bit under the weather.

STEP 1

Preheat oven to 400°F.

STEP 2

Rinse and pat dry the chicken. With your hand, gently separate the skin from the breast and thigh meat. Take half of the garlic and stuff it between the skin and meat, making sure that you spread it in an even layer across the entire chicken. Take the remainder of the garlic and spread it all over the cavity inside the chicken.

STEP 3

Salt and pepper both the outside and the inside cavity of the chicken liberally.

STEP 4

Place a large sheet of parchment paper on a roasting pan and place the seasoned chicken on the pan.

STEP 5

Bake in oven until the chicken is fully cooked, about 45 minutes to 1 hour. A meat thermometer inserted into the thickest part of the breast should reach 160°F and the thickest part of the thigh should reach 175°F.

STEP 6

Remove chicken from oven when done and place into a stockpot. Pour in enough water to cover chicken. Add ginger, lemongrass, and salt.

STEP 7

Bring to a boil; then reduce heat and cover. Let simmer for 1 hour to 1½ hours.

STEP 8

Strain broth and return broth to stock pot. Let chicken cool.

STEP 9

Once chicken has cooled, remove bones and skin and shred into bite-size pieces. Set chicken aside.

STEP 10

Stir rice into broth and bring to boil. Add saffron and turmeric to rice. Reduce heat to medium and cook for 30 minutes, stirring occasionally. If necessary, adjust with water or additional salt. The porridge is done, but it can be left to cook an additional 45 minutes for a better consistency.

STEP 11

Ladle porridge in bowls and top with chicken, cilantro, chives, and pepper. Add a squeeze of lime to taste.

STEP 12

You Did It, High Five Friend!

