



Rice and Sweet Corn Porridge with Dried Scallops

 Gluten Free

READY IN



90 min.

SERVINGS



45

CALORIES



42 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 celery rib sliced
- ☐ 1 large chicken thigh (large; 7 ounces)
- ☐ 3 ounce wood ear mushrooms dried
- ☐ 2 ears of corn
- ☐ 1 piece ginger peeled thinly sliced (2 inches)
- ☐ 2 quarts chicken broth low-sodium
- ☐ 2 tablespoons parmigiano-reggiano cheese freshly grated

- ☐ 45 servings salt
- ☐ 1 ounce scallops dried
- ☐ 1.5 cups sushi rice rinsed
- ☐ 1 tablespoon tamari sauce

Equipment

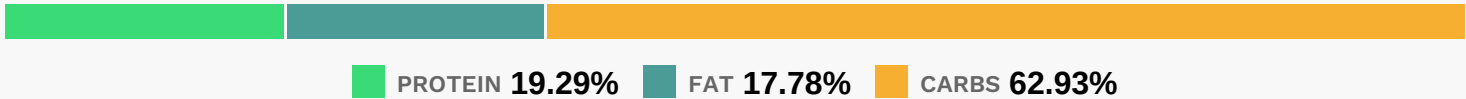
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Put the scallops and mushrooms in 2 small separate bowls and cover with water.
- ☐ Let stand at room temperature overnight.
- ☐ In a small saucepan of boiling salted water, cook the corn kernels until just tender, about 2 minutes.
- ☐ Drain.
- ☐ In a large saucepan, combine the chicken broth, corn cobs, chicken thigh, ginger and sliced celery and bring to a simmer. Cover partially and simmer over low heat until the chicken is cooked through, 30 minutes. Strain the broth and reserve the chicken thigh. You should have about 5 1/2 cups of broth.
- ☐ Preheat the oven to 32
- ☐ Measure out 1 cup of the broth and reserve. In a 3- to 4-quart casserole or Dutch oven, combine the remaining 4 1/2 cups of broth with the rice and bring to a simmer over moderate heat. Cover and bake for about 20 minutes, stirring occasionally, until the rice is tender and a thick porridge has formed.
- ☐ Drain the scallops and transfer to a small saucepan.
- ☐ Add 1/2 cup of the reserved broth and bring to a simmer. Cover and simmer over low heat for 10 minutes. Using a slotted spoon, transfer the scallops to a plate.

- ☐ Remove any membranes, then thickly shred the scallops; cover.
- ☐ Add the tamari to the cooking liquid in the pan and cover.
- ☐ Drain the mushrooms and cut off the knob ends.
- ☐ Cut the mushrooms into 1/2-inch pieces.
- ☐ Remove the meat from the chicken thigh and cut into 1/2-inch pieces.
- ☐ Add the chicken, mushrooms, corn, the remaining 1/2 cup of reserved broth, half of the celery leaves and the cheese to the porridge. Season with salt.
- ☐ Spoon the porridge into bowls. Top with a little of the scallop–tamari broth. Scatter the shredded scallop and remaining celery leaves over the porridge and serve.

Nutrition Facts



Properties

Glycemic Index:3.82, Glycemic Load:4.05, Inflammation Score:-1, Nutrition Score:1.3695652321305%

Nutrients (% of daily need)

Calories: 41.78kcal (2.09%), Fat: 0.85g (1.3%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 6.43g (2.34%), Sugar: 0.43g (0.48%), Cholesterol: 2.76mg (0.92%), Sodium: 238.07mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin B3: 0.95mg (4.76%), Manganese: 0.07mg (3.65%), Phosphorus: 30.43mg (3.04%), Selenium: 1.57µg (2.25%), Copper: 0.04mg (1.89%), Potassium: 65.06mg (1.86%), Vitamin B1: 0.02mg (1.5%), Vitamin B2: 0.02mg (1.42%), Iron: 0.25mg (1.39%), Vitamin B6: 0.03mg (1.33%), Zinc: 0.19mg (1.26%), Magnesium: 4.97mg (1.24%), Vitamin B5: 0.12mg (1.23%), Fiber: 0.3g (1.19%), Vitamin B12: 0.07µg (1.16%)