

Millet Congee

Millet and pork are moistening to the lungs. Shitake mushrooms have been shown to have beneficial effects on the immune system, and may even prevent growth of certain kinds of cancers. This soupy stew is wonderful as a general qi tonic for people who live in desert climates or who tend to have dry throats.

½ cup millet

8 cups water

1Tbsp grated fresh ginger

1 boneless pork chop finely sliced

1 Tbsp. olive oil

1 small onion finely chopped

1 apple peeled, seeded and diced

¼ lb shitake mushrooms, sliced

¼ lb white or brown mushrooms sliced

salt and pepper to taste

Bring water to boil in a large pot. Add millet and ginger. Reduce heat to very low, and simmer, stirring occasionally for 1-1½ hours until the mixture is about the texture of oatmeal.

Sauté the onion in a Tbsp. of olive oil until it becomes translucent and begins to smell sweet. (about 5 minutes) Add the apple and both types of mushrooms and sauté another 5 minutes.

Add the onion, apple and mushroom mixture along with the pork to the millet mixture, and simmer for 10 minutes until the pork is cooked through.

Adjust the seasonings adding salt, pepper, and additional ginger to taste. Serve immediately in large bowls.