
CONGEE WITH KOMBU

Congee, which is essentially white rice porridge, is a the perfect, gentle, post-purge dish.

CONGEE - WITH KOMBU

INGREDIENTS

½ cup organic white rice (I prefer Basmati)
1 thumb of ginger, peeled and sliced
4 cups water
1 tbsp. Ghee or coconut oil
½ tbsp. salt
1-2 sticks of kombu seaweed, approximately
3 inches long

IF YOU DO NOT HAVE KOMBU, no problem,
simply follow the recipe omitting the kombu

OPTIONAL TOPPINGS (GO FOR IT!!)

Grated fresh ginger
Toasted Asian sesame oil (highly
recommended)
Tamari or soy sauce
Nori flakes or any other edible seaweed
Cayenne pepper
Diluted miso paste
Ghee or coconut oil

DIRECTIONS

Rinse the organic white rice a few times.

Rinse the kombu.

Place the rice, kombu, ginger, salt, and water in a very large pot and
bring to a boil over medium-high heat.

Reduce heat to low and simmer, uncovered, stirring occasionally for
30 minutes. At this time, you can remove the kombu.

Now cover and simmer for another 45-60 minutes until the rice is
broken down and a porridge-like consistency is achieved. Add more
water if necessary.

Congee is easy to digest, soothes
and supports the digestive system
and offers a comforting,
nourishing dish that aids in
hydration after your Virechana
colon purge.

CONGEE ALTERNATIVES

If you do not like or tolerate rice, you can substitute the rice for Quinoa – higher in protein but slightly harder to digest so make sure it is very well cooked.

You can also go back to Oatmeal porridge with salt and savory ingredients. Delicious, honestly!

Or if none of this works for you, make sure you have something soupy and salty - and on repeat.

How to prepare and eat Congee on the Virechana Purge day

CONGEE - ON VIRECHANA

Start cooking your congee around 4 hours after you ingest the castor oil.

It takes about 1 to 1.5 hours to cook, so it's nice to have it ready when you're finished your purge so you have something ready to eat if you are hungry.

The salt and salty ingredients you add to the congee will provide you with your electrolyte balance and help you feel recharged again.

EAT VERY SMALL AMOUNTS, OFTEN

It's VERY IMPORTANT to have just enough congee to alleviate any uncomfortable feelings of hunger.

You can go back for more during the afternoon and into the evening to satisfy your hunger.

Small bowls at a time are best until you go to bed. It will not take much to OVEREAT, which will feel very uncomfortable after your colon purge.

SWEET CONGEE

SWEET CONGEE - ON VIRECHANA DAY

If you need something sweet during purge day, you can use your plain congee porridge and add something sweet to it instead of the savoury optional toppings above.

OPTIONS FOR SWEET PORRIDGE

- Grated coconut
- Coconut milk, coconut oil, or coconut butter
- Date syrup, maple syrup, or raw honey
- Cocoa powder
- Mashed ripe banana
- Stewed apples or pears
- Almond or nut butter
- Sweet spices such as cinnamon, nutmeg, or vanilla

NOTE

*KEEP IT SMALL AND ONLY EAT ONE BOWL OF SWEET
PORRIDGE - IF AT ALL*

DO NOT HAVE SWEET PORRIDGE AFTER 6 PM