

Chinese Creamy Rice Soup

8	cups	regular-strength chicken broth
3/4	cup	short- or medium-grain white rice
6		thin slices fresh ginger (each about the size of a quarter)
1/2	lb	boned and skinned lean white-flesh fish such as rockfish, cut into very thin slices
2	tbsp	water
		soy sauce
1	tbsp	Oriental sesame oil
2	cups	finely shredded iceberg lettuce (about 6 oz.)
1/2	cup	fresh cilantro leaves
2	tbsp	finely shredded fresh ginger
		White pepper

In a 3- to 4- quart pan, combine the broth, rice, and sliced ginger. Bring to a boil; cover and simmer, stirring occasionally, until rice almost disintegrates, 1 1/2 to 2 hours. If soup becomes so thick it starts to stick to the pan, add a little water. Discard ginger slices.

Mix together the fish, water, 1 tablespoon soy sauce, and sesame oil. In each of 6 bowls, place an equal portion of fish mixture. Ladle simmering rice soup over fish. (For the salmonella-conscious, stir marinated fish slices into hot soup in pan and cook until fish turns opaque; ladle into bowls.) Sprinkle equal portions of lettuce, cilantro, and shredded ginger onto each serving. Offer additional soy sauce and white pepper to add to taste. Makes 6 servings.

Comments:

Nutrition Information: per serving: 197 calories; 12g. protein; 5.1g. fat; 24g. carbohydrate

Source: Sunset, February 1990 or 1991