

# **The Book Of Jook: Chinese Medicinal Porridges--A Healthy Alternative To The Typical Western Breakfast By Bob Flaws**

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**recipe of the day: jook - the new york times** - Dec 11, 2008 Summary. I usually make jook in the afternoon, simmering it gently and stirring it occasionally, eating a little that night but saving most for the morning

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**ginger chicken jook (rice porridge) recipe** - - Though endless versions of savory rice porridge (also known as congee) exist worldwide, I know this dish by its Cantonese name, jook. On Sundays my grandmother would

**book of jook , the - chinese food: flavor and** - Chinese medicinal porridges in this volume are a healthy alternative to typical Western breakfast. Bob Flaws is considered an authority on Chinese medicine.

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**congee - wikipedia, the free encyclopedia** - Congee (British English: / k n d i /; or conjee) is a type of rice porridge or gruel popular in many Asian countries. When eaten as plain rice congee, it is

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