



CHICKEN PORRIDGE

 Serves 4-6

INGREDIENTS

- 240gm rice (20% brown rice mixed with white rice)
- 8 cups water
- 6 skinless chicken thighs
- 1-inch ginger (peeled and sliced)
- 1 cup mixed vegetables
- Salt to taste
- Scallions – for garnish

METHOD

1. Rinse, drain, and pour rice into a heavy stock pot.
2. Add in water, ginger, chicken thighs, mixed vegetables, and salt.
3. Bring to a boil and turn down the heat immediately. Allow to simmer (covered) for 1 - 1.5 hours, or until the rice has absorbed most of the liquid and has started breaking apart.
4. Remove the chicken thighs into a bowl and allow to cool. When the chicken thighs are cool enough, shred chicken meat and remove the bones.
5. Serve into individual bowls and garnish with green onions.



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BUBUR

AYAM

 Saiz hidangan: 4 - 6 orang

BAHAN-BAHAN

- 240gm nasi (20% beras perang campur dengan beras putih)
- 8 cawan air
- 6 keping paha ayam tanpa kulit
- 1 inci halia (dikupas dan dihiris)
- 1 cawan sayur campuran
- Garam secukup rasa
- Daun bawang dihiris – untuk hiasan

CARA MEMASAK

1. Basuh dan salurkan beras. Tuangkan beras ke dalam periuk.
2. Masukkan air, halia, paha ayam, sayur campuran dan garam.
3. Didihkan air, dan segera turunkan api. Biarkan air mereneh dengan periuk tertutup selama satu hingga satu setengah jam atau sehingga nasi telah menyerap sebahagian cecair dan telah mula hancur.
4. Masukkan paha ayam ke dalam mangkuk dan biarkan sejuk. Apabila paha ayam cukup sejuk untuk dipegang, cincang daging dan keluarkan tulang.
5. Hidangkan ke dalam mangkuk individu dan hiaskan dengan daun bawang.



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