

Mongolian Mutton Porridge

Hanggai (China)

INGREDIENTS

1 lb. mutton, with some fat
2 spring onions or 1 Chinese onion
½-1 cup uncooked rice
½ teaspoon salt (or a bit more if you prefer)
Cloves of garlic

METHOD

Dice mutton. Slice onion into 1/8 inch ringlets.

Place mutton in a soup pot with enough water to cover the mutton. Pour uncooked rice into water and mutton. Add salt.

Bring mixture to a boil. Add sliced onion and garlic.

Lower heat to simmer. Continue to simmer and stir occasionally to keep from sticking. Cook for 15 minutes or until mixture has thickened to a porridge texture.

Remove from heat, serve.