



Makes 5 cups
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

½ of a 2-lb. kabocha squash,
seeds and fibers scooped out

¾ cup brown Thai jasmine rice,
rinsed and drained (see tip,
recipe intro)

1 2-inch piece fresh ginger,
peeled and quartered

1 tablespoon miso paste

Reduced-sodium soy sauce (for
drizzling, optional)

2 tablespoons coarsely chopped
fresh cilantro

1 scallion, thinly sliced

1 tablespoon toasted sesame
seeds or chopped peanuts

1 fresh long mild red chile, thinly
sliced (see tip, recipe intro), or
your favorite chile sauce
(optional)

2 teaspoons minced fresh ginger

Freshly ground black pepper, to
taste

Silky Squash Vietnamese Rice Porridge

Roasted and mashed **squash** adds extra body and sweetness to this plant-based take on chao ga, a Vietnamese rice porridge that typically features chicken. The consistency of chao ga varies from thin to thick. This thicker version is perfect for a light meal-in-a-bowl. Brown Thai jasmine **rice** has a nutty, floral flavor, which gets even tastier when cooked with fresh ginger and miso paste. Don't forget the toppings: A pinch of sesame seeds (or peanuts), a dash of chile, and a sprinkling of scallions and fresh cilantro take this tantalizing Vietnamese rice porridge to the next level.

Tips

How to rinse rice: Place rice in a large bowl with enough water to cover. Gently swirl the grains with your hand. Pour off the starchy water.

Gloves: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

Gluten-free: You can make this gluten-free by omitting the soy sauce or using tamari instead. Be sure the miso paste you buy is gluten-free (many are).

For more inspiration, check out these tasty ideas:

- [Refreshing Vietnamese Noodle Salad](#)
- [Vietnamese Noodle Bowls with Ginger-Lime Meatballs](#)
- [Creamy Wild Rice Soup](#)
- [Mexican Rice Soup](#)

By Cameron Stauch

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper. Place squash cut side down on baking sheet. Bake 50 minutes or until very tender.
- 2 Meanwhile, in a medium saucepan combine rice, ginger quarters, miso paste, and 3 cups water. Bring to boiling; reduce heat. Cover and simmer 30 minutes or until rice is tender.
- 3 When squash is cool enough to handle, scoop out flesh and add it to saucepan; mash with a potato masher until blended. Simmer 5 minutes more. For a thicker texture, turn off heat, cover, and let stand at least 15 minutes.
- 4 Remove ginger quarters from porridge. Divide porridge among bowls and drizzle with soy sauce (if using). Garnish with the remaining ingredients.