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For Families and Children Facing Critical Illness

## **BYOA Appetizer #1**

### **Rice Fritters**

You can put anything you love (and also have left over in your cold box) into these fritters.

#### Ingredients:

- 1 cup cooked rice
- 1 egg
- 2 T cornstarch
- 1 t salt

To that, you can add sautéed onions and garlic, fresh herbs, minced chicken, shrimp, chicken livers, monkfish liver, anything you love to eat.

Make small patties and fry them up in a few T of oil. Delicious.

*"Rice. It's What's For Dinner..... and Dessert ..... and Breakfast." - Dave Q.*

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## **BYOA Appetizer #2**

### **Congee/Rice Porridge**

Delicious anytime of the day.

- 2 cups of left over rice
- 4 cups chicken stock (or veg)
- 1/2 t white pepper

Cook rice in liquid for about fifteen minutes or until "porridgy."

If this is a savory lunch or dinner congee, add a fresh bay leaf, fresh thyme and some caramelized onion and garlic when you're cooking the rice. Any protein can be added into or crumbled on top when porridge is ready. Shredded pork, chicken, beef. Grilled and chopped fish or shrimp, crab or lobster.

Simmer the porridge with ginger and green onion, then add ponzu or fish sauce, sesame and cilantro.

BBQ Chicken congee. Beef and bean congee. There are 1 million variations.

If it's a breakfast congee add some bacon or bacon fat, sausage, ham. Top it with a poached egg and some salsa.

*"Breakfast congee is delicious. You are delicious. Your Mom is delicious." - Dave Q.*

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## **BYOA Appetizer #3** Rice Pudding..... *Easy Like*

Ingredients:

2 cups cooked rice.

2 cups milk

3 T sugar (and a little more - dark brown if you have it)

1t vanilla

Simmer all ingredients on low heat for 20 minutes. Rice should be tight. At this point - add anything to the top that makes your heart smile. Dried fruit, fresh fruit, good maple syrup, toasted nuts, cinnamon, candied ginger, grilled banana, the list is long and long and long.

Good for dessert or breakfast.

*"Make some extra to rub in your hair." - Dave Q.*