KitchenBooQ

Beoseot Juk (Mushroom Porridge)

Serves: 4 | Cooking Time 1 hour | Level: Easy



INGREDIENTS

1 cup (180 g) short-grain white rice
3 dried shiitake mushrooms
4 oz (115 g) fresh shimeji or king oyster mushrooms
6 cups (1.4 L) water or light vegetable broth
2 tsp (10 ml) toasted sesame oil
1/2 tsp (3 g) fine salt
1/4 tsp (0.5 g) ground black pepper
2 green onions, thinly sliced
1 tsp (2 g) toasted sesame seeds

Notes
Store cooled leftovers in an airtight container in the refrigerator for up to 3 days or freeze for up to 1 month. The porridge will thicken significantly when chilled; reheat gently on the stovetop with a splash of water until it reaches your preferred consistency. Always refrigerate within 2 hours of cooking. For a richer flavor, you can add 1 clove of minced garlic during the initial simmer or finish with a few drops of soy sauce.

PREPARATION

1. Place the short-grain rice in a fine-mesh sieve and rinse under cold water until the water runs clear. Soak in a bowl of fresh water for 30 minutes, then drain well.

2. While the rice soaks, rehydrate the dried shiitake mushrooms by placing them in a small bowl and covering with warm water for 20 minutes. Once softened, gently squeeze out excess liquid (reserve about 1/4 cup of the clear soaking liquid), then slice the stems and chop the caps into bite-sized pieces.

3. Trim the base of the fresh shimeji or king oyster mushrooms, separate them into small clusters, and set aside.

4. In a medium heavy-bottomed pot or Dutch oven, combine the drained rice, dried shiitake pieces, fresh mushrooms, water (or vegetable broth), and reserved mushroom soaking liquid. Bring to a rolling boil over medium-high heat.

5. Once boiling, reduce the heat to low, cover partially with a lid, and simmer gently for 35 to 40 minutes. Stir occasionally near the end of cooking to prevent the rice from sticking to the bottom. The mixture will naturally thicken as the rice breaks down.

6. When the porridge reaches your desired creamy consistency but is still spoonable, stir in the toasted sesame oil, salt, and black pepper. Simmer uncovered for another 5 minutes to allow the flavors to meld.

7. Ladle the hot porridge into serving bowls. Garnish with sliced green onions and a light sprinkle of toasted sesame seeds. Serve immediately.