Vegetable Claypot Rice Recipe

Serves 3-4 | Chef Chris Choo | HOTPLATE SG60

RINSE, BRIEFLY DRAIN, THEN SOAK

Use a 240 ml cup. Rinse the rice, drain off the water briefly for about 10-15 seconds, then loosely fill and level 2 cups of wet rice (480 ml). Add 2 cups of water (480 ml), soak for 20 minutes and retain that same water for cooking.

Ingredients

Rice + base

2 level 240 ml cups wet jasmine rice
480 ml water, added once before soaking
15 g fresh ginger, thin rounds

Vegetables + oil

1 medium yellow onion, thin half-rings
2 garlic cloves, thinly sliced
300 g fresh mushrooms of your choice, sliced
100 g asparagus, cut diagonally
100 g carrot, thin half-moons
100 g bamboo shoots, drained and rinsed
200 g bok choy; halve thick stems
2 tbsp neutral cooking oil for the wok (30 ml)
Cooking oil, for pouring around the inner sides

Optional finish

Thick sweet soya sauce

Seasoned topping sauce

1 tbsp dark soy sauce (15 ml)
2 tbsp VEGAN oyster sauce (30 ml)
150 ml water
Light soy, sugar and white pepper: to taste
Sesame oil: just a touch

Separate thickener

2 tsp cornflour/cornstarch
2 tsp COLD water (10 ml)
Mix smooth; add gradually LAST

Equipment

3 L flameproof/stovetop-safe claypot with a snug lid and headroom for the rice and vegetable batch.
Dry base; maker-approved hob/flame; diffuser if required.

Method

1. Cook the vegetable topping.
While the rice soaks, heat the wok oil over medium heat. Saute the onion and garlic until softened and lightly golden. Add mushrooms and cook until softened and excess moisture reduces. Add asparagus, carrot and bamboo, in that order, and cook until the carrot is tender-crisp.

2. Season, taste, then thicken.
Add dark soy, vegan oyster sauce and 150 ml water. Add light soy, sugar and white pepper to taste, plus a touch of sesame oil. Taste with a clean spoon and balance before thickening. Re-stir the separate cornflour-water mixture and add it gradually LAST. Stir at a bubbling simmer for about 1 minute, until the sauce lightly coats the vegetables.

3. Start the rice at the boil.
Heat the rice with its retained soaking water gradually, following the pot maker's limits. Once clearly boiling, turn low for a gentle simmer with the lid ajar. Count 5-8 minutes FROM BOILING; look for most surface water to have absorbed. Keep the rice undisturbed.

4. Layer the topping.
Lay ginger over the rice. Spread the hot cooked mushroom-vegetable topping evenly, then arrange the bok choy on top.

5. Cover and finish cooking.
Fully cover and cook on low for another 7-8 minutes. Keep the lid on for the final oil step.

6. Add oil at the final stage, then rest.
At the very end of cooking, keep the claypot on the stove with its lid on. Pour a little cooking oil into the gap at the lid rim so it runs down the INNER SIDES toward the rice. Leave the lid on. Then switch off the heat and rest covered for 5 minutes. This cooking oil is separate from the wok seasoning, sesame oil and the optional thick sweet soya sauce finish.

7. Check and serve.
Open carefully, away from the steam. Check a centre grain is tender with no hard/chalky core, bok choy is cooked, and no excess liquid pools. Mix the layers and gently loosen the crisp edge. Optional: drizzle thick sweet soya sauce over the finished rice before serving.

Watch the full conversation: youtube.com/watch?v=TTXBwrqo43c