

VERONIKA BOGAROVA MATTA

✧ Congee – A Bowl of Peace ✧



A gentle guide to a healing
porridge for beauty, health, and
feminine energy

Introduction

Imagine a fragrance slowly filling the home. On the stove, a rice porridge is simmering—soft, simple, and yet so full of life. Across Asia, it has been known for centuries as congee. It's not just a meal; it's a ritual. A pot of rice and water is left to gently bubble on low heat until the grains melt away and turn into a creamy, silky porridge. It's cooked slowly, patiently, with love—just like traditions were once passed from generation to generation.

In Asian families, congee has its place at the family table, at celebrations, and in the tender moments when the body needs healing and strength. It's a dish that always adapts—it can be sweet or savory, light for breakfast or nourishing for dinner. Congee carries a philosophy that health and balance begin in our food—and that the simplest things are often the very best.

This book will guide you through the world of congee in its purest and most playful form. You'll find recipes, inspiration, and a gentle reminder that every meal can become a small ritual. Simply choose a delicious variation and give yourself a moment to slow down.

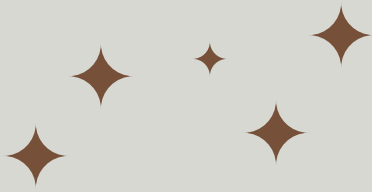
Congee is like a return home. A gentle rice porridge that needs nothing more than water, a little time, and love. In a world that's fast, loud, and crowded, congee brings us back to the essence—to simplicity that nourishes not only the body but also the soul.

It's a dish that whispers that the beauty of life lives in the small, ordinary things. In the soft bubbling of the pot. In the quiet of the morning as you take the first spoonful. In the tenderness that wraps the stomach and the mind.

Congee is not just food. It's a reminder that we need far less than we think. That strength hides in purity—in returning to what is natural and simple. And that each day we can gift ourselves a moment that reconnects us with what is most essential—ourselves.

Love,
Veronika

CONGEE- A BOWL OF PEACE



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Chapter 1- Why congee for a goddess?

Being a goddess today doesn't mean wearing a crown or living in a palace. Being a goddess means living in harmony with your body, listening to its needs, and honoring its wisdom. And that's why congee belongs in the life of every woman who chooses to embody her inner goddess.

Congee is gentle, yet deeply nourishing. It doesn't need to prove its strength—just like a goddess who knows her worth isn't born from loud words but from quiet presence. It's a meal that doesn't weigh you down; it lightens you. It gives you energy without taking away your softness.

Its creamy consistency adapts to your day—it can be a light morning embrace that brings calm to the start of your day, or a warm evening cradle that grounds your thoughts. And just as a woman changes with the phases of her cycle, congee can change too—sometimes sweet, sometimes savory, at times with herbs, other times with broth. It always gives you exactly what you need.



For a goddess, it's important that food is not just calories but a sacred ritual. Every spoonful of congee is a slowing down, a return to yourself, a quiet proof that you deserve care. In the simplicity of this dish lies the secret of femininity—kindness, patience, and the ability to find beauty in small things.

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Why congee is perfect for a woman's body

• Support for digestion & gut

Congee is gentle on the stomach, doesn't burden the digestive tract, and supports healing of the gut lining. For a woman who wants beautiful skin and happy hormones, a healthy gut is foundational.

• Hormonal balance

Simple, easy-to-digest food means less stress on the body. That helps stabilize hormones, directly influencing energy, cycle, and mood.

• Healthy, radiant skin

Congee naturally hydrates and supports detox pathways. When the body is balanced, the skin is clearer, brighter, and naturally glows.

• Soft, steady energy

Rice porridge digests slowly, offering stable energy. No sharp blood sugar swings—just a smooth strength that lets you stay focused, calm, and centered.

• Adapts to your cycle

In menstruation it warms and soothes; around ovulation it can be light and fresh; in the luteal phase it can be richer and more grounding. Congee shifts with you—it honors your cyclical nature.

Congee is more than food. It's a symbol of self-acceptance.

Because when you allow yourself to reach for something so pure and simple, you're telling the world—and yourself: I am worthy of the very best, even when it's subtle. I am a goddess who chooses food that nourishes me, not burdens me.



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CHAPTER 2- HOW TO PREPARE CONGEE AS A RITUAL

Congee isn't just a dish—it's a ritual of slowing down, a gentle bridge between everyday life and conscious being. When you prepare it, you're not only cooking rice porridge—you're creating space for yourself, for a moment of peace, care, and beauty.

Choosing rice and water – the start of a sacred process

1

Your congee begins even before the flame is lit. Choosing rice is choosing energy. White rice brings softness and lightness, brown rice brings grounding, earthy strength. Each type carries a different vibration—choose according to what your body and soul need today.

Water matters too—clean, filtered, perhaps infused with intention. As you pour it into the pot, speak a wish or a quiet intention you want woven into the meal. In this way, ordinary water becomes the first step of your ritual.

Slow cooking – a meditative process

2

Congee needs time. It can't be rushed. The rice slowly breaks down, the grains turning into silky cream. You watch, listen to the gentle bubbling, and breathe in the aroma spreading through your kitchen.

This is your moment to become quiet. To feel your breath, hear your thoughts, and allow yourself to simply be. Each stir is a small meditation. Each bubble reminds you that time is moving at the right pace—and you with it.

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Serving – the goddess's artistic moment

3

Your congee is ready, but the ritual isn't over. How you serve your meal matters as much as the taste. Choose a bowl that feels lovely in your hands—perhaps soft ceramics or porcelain that brings a sense of luxury and beauty.

Pick a spoon that feels delicate, as if made for this very moment. Add toppings—fruit, herbs, seeds, or a splash of broth—and arrange them so that joy washes over you at first glance. Each spoonful becomes a little piece of art to savor.

In this way, congee becomes more than food. It becomes a ritual that reminds you you're a goddess—worthy of slowing down, beauty, and conscious presence even in the simplest moments of the day.

CHAPTER 3- CONGEE VARIATIONS FOR DIFFERENT DAYS

Congee is like a canvas you can paint according to your mood, your body's needs, and the energy of the day. Its power lies in a simple base that can transform into endless variations. It never gets old –and always offers exactly what you need: softness, strength, luxury, or gentle healing.

Sweet congee – for days you crave tenderness

1

- Fruity classic – banana, strawberries, honey, and a dusting of cinnamon.
- Tropical morning – coconut milk, mango, and coconut flakes.
- Autumn embrace – roasted apples, cinnamon, a drizzle of maple syrup.
- Cocoa kiss – a spoon of cocoa, dark chocolate pieces, and a hint of vanilla.
- Honey–lavender – honey, lavender, and pear pieces.

Savory congee – for days you need strength

2

- Chicken broth & herbs – tender chicken pieces, parsley, chives.
- Vegetarian – stewed pumpkin, spinach, and a drop of sesame oil.
- Asian touch – shiitake mushrooms, ginger, and spring onion.
- Sea congee – fish or prawns, a squeeze of lime, fresh coriander.
- Garden harmony – carrot, zucchini, broccoli, lightly simmered in the porridge.

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Luxurious congee – for days you want to feel like a goddess

3

- Pomegranate & pistachios – jeweled seeds and crunchy nuts.
- Almond dream – almond flakes, edible flowers, a drop of rose water.
- Golden congee – turmeric, saffron, and a few pieces of dried fig.
- Vanilla–coconut – vanilla bean, coconut cream, white chocolate shavings.
- Festive – raspberries, a sprinkle of granola, and rose petals.

Gentle healing congee – for days your body needs care

4

- Ginger–lemon – warming and immune-supportive.
- Turmeric – with black pepper and a splash of coconut milk for anti-inflammatory support.
- Tea congee – simmered in water infused with white or green tea for a light detox.
- Garlic–onion – for colds and comfort.
- Mint – fresh mint with a squeeze of lemon for soothing digestion.

With these variations, congee becomes a dish for every day, every mood, and every phase of your cycle—always different, yet always simple and pure.

✦ Conclusion: Congee as a metaphor for life ✦

Congee is simple—and yet carries deep wisdom. It teaches us that things don't have to be fast to be valuable. True strength isn't born from rushing but from patience. Softness isn't weakness—it's a way to create a life that is beautiful, nourishing, and sustainable.

As rice slowly transforms into creamy porridge, we too transform—day by day, moment by moment. Not abruptly, not dramatically, but gradually, with love and attention. Congee reminds us that the process is just as important as the outcome.

A goddess's life is like congee—slowly cooked, full of love, softness, and beauty in every detail. It's not about perfection; it's about presence. About savoring the journey, not only the destination. About the courage to trust that the simplest things—a bowl of rice, a glass of water, a moment of silence—can be sacred.

Congee is a quiet metaphor that a woman doesn't have to run to be successful. She doesn't have to shout to be heard. She doesn't have to prove to be worthy. She only needs to allow things to simmer—within her body, her mind, her life.

May every bowl of congee be a gentle reminder that you, too, can shape your life this way—softly, patiently, with love and trust that everything is unfolding exactly as it should.

Love,
Veronika

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