FIVE DISHES · ONE WEEK · BUILT AROUND THE LABS AND THE LAPS

The Rotation 五道菜

A coastal home-cooking system: clams and mackerel for B12, milk and yogurt folded into dishes that don't taste like compromise, sodium kept where you can see it.

SUNDAY · BATCH	TUE / THU · POST-SWIM	SATURDAY · PRE-SWIM	WEEKNIGHTS
Brown Rice Congee	**Miso-Milk Chowder**	**Savory Yogurt Bowl**	**Steamed Egg + Clams · Yogurt Mackerel**

SUNDAY · BATCH PREP · B12 · WHOLE GRAIN · LOW SODIUM

海鲜糙米粥

Brown Rice Seafood Congee

Serves 6 · 45 min simmer, mostly hands-off · freeze rice the night before

Wenzhou-style seafood congee on a 50/50 brown rice base. One Sunday pot, several rest-day lunches.

INGREDIENTS

- ☐ ½ cup brown rice (short or medium grain)
- ☐ ½ cup white rice (jasmine or short grain)
- ☐ 2.5 L water or unsalted stock
- ☐ 6 dried scallops 干贝 (optional, very Wenzhou)
- ☐ 300 g firm white fish (sea bass, cod) or shelled clams
- ☐ 4 ginger slices, plus extra julienned to serve
- ☐ 1 tbsp Shaoxing wine
- ☐ ½ tsp salt (taste first — scallop broth may be enough)
- ☐ 2 scallions, sliced
- ☐ 1 tsp toasted sesame oil
- ☐ 1 pinch white pepper

METHOD

1. **Freeze the rice (night before)** `overnight`
   Rinse both rices until the water runs mostly clear, drain well, and freeze in a bag overnight. Ice crystals fracture the grains so they break down fast — essential for the brown rice.

2. **Soak the dried scallops** `30 min`
   Soak in warm water until soft, then shred. Keep the soaking liquid — free umami that replaces salt.

3. **Start the congee**
   Bring the water to a rolling boil, then add the frozen rice straight from the freezer with the ginger, scallops, and soaking liquid. Boiling water first prevents sticking.

4. **Simmer to creamy** `45 min`
   Simmer partially covered, stirring every 10 minutes and scraping the bottom. Ready when the grains have burst and it ribbons off the spoon.

5. **Add the seafood** `2 min`
   Slice the fish thin, toss with the Shaoxing wine and white pepper, and stir into gently bubbling congee. Don't boil hard.

6. **Season and serve**
   Salt to taste, ladle into bowls, top with scallion, sesame oil, and julienned ginger.

> **NOTES** — Congee thickens dramatically in the fridge: thin with hot water when reheating, and add fresh seafood per portion at reheat rather than all on Sunday. Keeps 4 days. Perfect home for clams or oysters when you want a bigger B12 hit.

TUE / THU · POST-SWIM · B12 · DAIRY · OMEGA-3

石狩鍋風

Salmon Miso-Milk Chowder

Serves 4 · about 25 min · vegetables can be prepped Sunday

Hokkaido's Ishikari nabe as a batch-friendly chowder. Milk rounds off the miso, so less salt does more.

INGREDIENTS

- ☐ 400 g salmon, skin off, in 4 cm chunks
- ☐ 2 Yukon potatoes, 2 cm dice
- ☐ ¼ napa cabbage head, chopped
- ☐ 1 onion, sliced
- ☐ 1 carrot, half-moons
- ☐ 1 tbsp neutral oil
- ☐ 600 ml water or unsalted dashi
- ☐ 400 ml low-fat milk
- ☐ 2½ tbsp white miso paste
- ☐ 1 tbsp Shaoxing wine or sake
- ☐ 2 scallions, sliced (plus small pat of butter per bowl, optional)
- ☐ 1 pinch white pepper

METHOD

1. **Build the base** 5 min
   Heat the oil and sweat the onion, carrot, and potato until the onion is translucent. Add the wine and let it sizzle off.
2. **Simmer the vegetables** 10 min
   Add the water and simmer until the potatoes are just fork-tender.
3. **Add cabbage and salmon** 5 min
   Keep the broth at a gentle simmer — not a boil — until the salmon turns opaque and flakes.
4. **Add the milk gently** 3 min
   Lower the heat and pour in the milk. Bubbles at the edge are fine; a rolling boil will split it.
5. **Dissolve the miso**
   Put the miso in a ladle, dip it into the broth, and dissolve it against the ladle before stirring through. Taste before adding more.
6. **Finish**
   White pepper, scallions, and the optional butter pat melting on top — the Hokkaido move.

> **NOTES** — Batch the base on Sunday but add salmon only to portions eaten within 2 days; for later bowls, drop raw salmon into the simmering reheated base for 4 minutes. Never boil after the miso goes in. 2½ tbsp white miso across 4 servings is far less sodium than any restaurant ramen.

WEEKNIGHT · GENTLE · B12 · DAIRY · LOW SODIUM

牛奶蛤蜊蒸蛋

Milk Steamed Egg with Clams

Serves 2 · 20 min active + 30 min clam purge · serve over part-brown rice

Silky Wenzhou-style custard. Clams are the single richest B12 food; the milk adds a dairy serving and extra silk.

INGREDIENTS

- ☐ 450 g littleneck or manila clams
- ☐ 3 large eggs
- ☐ 200 ml low-fat milk
- ☐ 100 ml reserved clam broth, cooled
- ☐ 1 tbsp Shaoxing wine
- ☐ 3 ginger slices
- ☐ 1 scallion, thinly sliced
- ☐ 1 tsp low-sodium soy sauce
- ☐ 1 tsp toasted sesame oil
- ☐ 1 pinch white pepper

METHOD

1. **Purge the clams** 30 min
   Soak in cold salted water so they spit out sand. H Mart and Whole Foods clams are usually clean, but don't skip it.
2. **Open the clams** 3 min
   Boil a splash of water with the wine and ginger, add clams, cover, and steam just until they open. Remove immediately; reserve the broth.
3. **Make the custard**
   Whisk the eggs gently with the milk and the cooled broth (hot broth scrambles the eggs). Strain into a shallow dish for the silkiest result.
4. **Assemble**
   Arrange the clams shells-up so they peek out of the custard. Cover the dish tightly with foil to stop condensation drips.
5. **Steam gently** 12 min
   Medium-low heat is the whole secret; aggressive boiling makes it spongy. Done when the center jiggles like tofu.
6. **Rest and finish** 2 min
   Rest off heat, then finish with soy, sesame oil, scallion, and white pepper.

> **NOTES** — One serving of clams delivers roughly 80 µg of B12 — about 30× the daily requirement — in the most absorbable food form. The clams' own broth does the seasoning, so sodium stays low.

WEEKNIGHT · FAST + BOLD · B12 · DAIRY

酸奶烤青花鱼

Yogurt-Marinated Grilled Mackerel

Serves 2 · 10 min cook + 30 min–2 hr marinade · doubles cleanly for guests

Tandoori technique, East Asian flavors. Lactic acid tenderizes gently and the milk sugars char into a crust.

INGREDIENTS

- ☐ 2 mackerel fillets, or 1 whole branzino butterflied (~400 g)
- ☐ 120 g plain Greek yogurt
- ☐ 1 tbsp grated ginger
- ☐ 2 garlic cloves, grated
- ☐ 1 tbsp low-sodium soy sauce
- ☐ 1 tbsp Shaoxing wine or mirin
- ☐ 1 tsp honey
- ☐ ½ tsp white pepper
- ☐ 1 tbsp neutral oil for the grill or pan
- ☐ 1 lemon or yuzu wedge, plus sliced scallion, to serve

METHOD

1. **Prep the fish**
   Pat very dry. Score the skin in 2–3 shallow diagonal cuts so the marinade penetrates and the fillet doesn't curl.

2. **Make the marinade**
   Whisk the yogurt with ginger, garlic, soy, wine, honey, and white pepper. Coat the fish, working it into the score marks.

3. **Marinate** `30 min – 2 hr`
   2 hours is the sweet spot; never past 4 — yogurt eventually turns fish mushy. Wipe off the excess: thin clinging layer, not a coat.

4. **First side** `4 min`
   High heat, oiled grill pan or broiler. Skin-side down and don't move it — the yogurt chars in spots, which is exactly right.

5. **Second side** `3 min`
   Flip once; cook until the flesh flakes at the thickest point. Mackerel fillets run thin — watch closely.

6. **Rest and serve** `2 min`
   Brief rest, then lemon, scallion, and rice. Mix the marinade in the morning and dinner is 10 minutes after the pool.

> **NOTES** — Mackerel is the B12 champion (~19 µg per serving) and stands up to the marinade's tang; branzino is milder and crowd-friendlier. The charred yogurt bits are the best part — resist moving the fish early.

SATURDAY · PRE-SWIM · DAIRY · NO COOK · 5 MIN

凉拌酸奶碗

Savory Yogurt Bowl with Cucumber & Chili Crisp

Serves 1 · 5 minutes, no stove · ~20 g protein

Treat the yogurt like liangban dressing — cool, light, sits easy before laps.

INGREDIENTS

- ☐ 200 g plain Greek yogurt (2% or whole)
- ☐ ½ Persian cucumber (or ⅓ regular), diced
- ☐ 1 scallion, thinly sliced
- ☐ 1 tsp toasted sesame oil
- ☐ 1 tsp chili crisp (light hand before a swim)
- ☐ 1 tsp toasted sesame seeds
- ☐ 1 pinch salt
- ☐ 1 soft-boiled egg or leftover poached fish (optional; skip within an hour of laps)

METHOD

1. **Base**
   Spoon the yogurt into a shallow bowl, swirl flat, season with the salt. Loosen very thick yogurt with a teaspoon of cold water.
2. **Top**
   Scatter the cucumber and scallion. Add the egg or flaked fish now if using.
3. **Finish**
   Drizzle the sesame oil, dot the chili crisp, finish with sesame seeds. Eat while the cool-creamy / crunchy contrast is at its best.

> **NOTES** — Variations: blanched edamame or shredded carrot instead of cucumber; a few drops of black vinegar for a brighter liangban flavor; crushed roasted seaweed on top. If plain Greek yogurt is too tangy at first, a drop of honey under the savory toppings rounds it out without sweetening.