

CHINESE FRIED RICE

Prepared by: Laura Lutz & Vito Gomez, March 2017

Source: food.com

3/4 cup finely chopped onion

2 1/2 tablespoons oil

1 egg, lightly beaten (or more eggs if you like)

3 drops soy sauce

3 drops sesame oil

8 ounces cooked lean boneless pork or 8 ounces chicken, chopped

1/2 cup finely chopped carrot (very small)

1/2 cup frozen peas, thawed

4 cups cold cooked rice, grains separated (preferably medium grain)

4 green onions, chopped

2 cups bean sprouts

2 tablespoons light soy sauce (add more if you like)

Heat 1 tbsp oil in wok; add chopped onions and stir-fry until onions turn a nice brown color, about 8-10 minutes; remove from wok. Allow wok to cool slightly.

Mix egg with 3 drops of soy and 3 drops of sesame oil; set aside.

Add 1/2 tbsp oil to wok, swirling to coat surfaces; add egg mixture; working quickly, swirl egg until egg sets against wok; when egg puffs, flip egg and cook other side briefly; remove from wok, and chop into small pieces.

Heat 1 tbsp oil in wok; add selected meat to wok, along with carrots, peas, and cooked onion; stir-fry for 2 minutes. Add rice, green onions, and bean sprouts, tossing to mix well; stir-fry for 3 minutes. Add 2 tbsp of light soy sauce and chopped egg to rice mixture and fold in; stir-fry for 1 minute more; serve.

