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**Fried Rice**

## Day 1 Ingredients:

Note: at school we used GEN-JI-MAI rice (from T&T supermarket). It is a medium grain brown rice. We soaked **250 ml of rice** in lots of cold water for 30 minutes and then drained it. Then we placed the rice in a saucepan and added 325 ml of cold water. Bring the rice + water to a boil, then put the lid on the saucepan and simmer, covered for 25 minutes. Fluff rice with a fork)

## Day 2 Ingredients:

* 3 eggs, lightly beaten with a fork
* 30ml canola oil (10 ml + 10 ml + 10ml)
* 3 scallions, finely sliced
* 1/2 onion
* 2 cloves garlic, minced
* 250 ml leftover cooked pork, chicken, shrimps, beef (or a combination thereof)
* 250 ml frozen peas & carrots, thawed
* 750-1000 ml cold, cooked rice
* 45 ml soy sauce
* 45 ml water

**Method:**

1. Heat 15 ml oil in a wok over medium heat
2. Pour in eggs and scallions, break up slightly with wooden spoon and cook until eggs start to brown
3. Set cooked eggs aside
4. Heat next 10 ml oil in wok
5. Add meat & peas/corn and cook until they are hot.
6. Set cooked meat and peas/corn aside.
7. Add next 10 ml oil. Saute onion & rice for 4 minutes. Add garlic. Saute 2 minutes.
8. Mix soy sauce & water, pour over the fried rice & heat through.
9. Return the meat, vegetables, eggs & scallions to the wok.
10. Stir gently & warm through.
11. Serve & enjoy!