



In the Kitchen

with Barb Agee ~ February 2017

Fried Rice Done Right



Steak Fried Rice

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| 1 cup brown rice and grain mix * | 2 stalks celery, trimmed and cut in small dice |
| 4 tablespoons vegetable oil, divided | 1 leek, cut lengthwise then thinly sliced |
| 2 large eggs | 3 large cloves garlic, minced |
| Kosher salt and pepper | 1-inch fresh ginger, peeled and minced |
| 12 ounces sirloin steak | 2 cups sugar snap peas, halved |
| 2 carrots, peeled and cut in small dice | 2 tablespoons soy sauce |

Cook rice according to the package directions. Spread cooked rice on a baking sheet and place in the refrigerator while prepping the other ingredients. Trim and cut steak into thin slices 1½-inches long.

Heat 1 tablespoon oil in a large non-stick skillet over medium heat. Whisk eggs with 1 tablespoon water and a pinch of salt and pepper. Pour into the hot skillet and stir a few times. Cook a few times undisturbed, until just set, about 2 minutes. Fold into thirds like an omelet and transfer to a plate.

Wipe out the skillet and heat 1 tablespoon oil over high heat. Season the steak with salt and pepper. Add to the hot skillet and cook, stirring until the meat is browned, about 3 minutes. Transfer to a bowl and set aside. Wipe out the skillet and heat the remaining 2 tablespoons oil. Add the carrots, celery and leek, stir-frying until slightly softened, about 2 minutes. Add the rice and stir-fry until warmed through, about 2 minutes. Add the steak, peas and soy sauce; stir-frying peas for 2 minutes. Slice the eggs into thin strips and stir into the rice. *Serves 4*

* such as Royal Blend Brown Rice with Rye and Barley

Thai Lemongrass Chicken Fried Rice

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| 2 tablespoons canola oil | 1 tablespoon sweet chili sauce |
| 4 green onions, thinly sliced on the diagonal | 4 cups cooked and chilled brown jasmine rice |
| 1 tablespoon fresh ginger, minced | 1 teaspoon fish sauce |
| 2 tablespoons garlic, minced | 1 cup snow peas, cut diagonally into 1-inch pieces |
| 2 tablespoons fresh lemongrass, minced | ¾ cup red pepper, cut into small dice |
| ½ cup carrots, small diced | 2 cups diced baked or roasted chicken |
| 1 cup fresh green beans or Chinese long beans | |

Trim and cut green beans or Chinese long beans into ½-inch pieces.

Heat a 14-inch wok or 12-inch skillet over medium-high heat. Add the oil, swirl the wok to coat, then add the green onions, ginger, garlic and lemongrass. Stir-fry until fragrant and light golden, 30 to 60 seconds. Add the carrots and beans and stir-fry until slightly softened, about 2 to 3 minutes. Stir in the sweet chili sauce and stir-fry for 30 seconds.

Break up rice, until the grains are separated. Add rice to the wok and gently stir-fry, allowing the rice to brown with some crispy edges, about 3 minutes.

Drizzle the fish sauce over the fried rice. Add the snow peas and bell peppers and stir-fry until peas and peppers have softened slightly and are still bright colors, 30 to 60 seconds. Taste and adjust the flavor with more fish sauce or sweet chili sauce. *Serves 4*

Vegetable Fried Rice with Cashews

5 tablespoons vegetable oil, divided
2 cups brown basmati rice
4 cups hot water
4 cups of broccoli florets
8 ounces white mushrooms, sliced
2 large eggs, lightly beaten
3 tablespoons soy sauce, divided

1 cup cashew nuts
¼ cup peanut butter, smooth or chunky
1 tablespoon rice vinegar
1 tablespoon water
1 teaspoon toasted sesame oil
2 green onions, thinly sliced on the diagonal

In a large saucepan, heat 1 tablespoon vegetable oil. Add rice and cook until toasted, about 3 minutes. Add hot water, cover and cook for 20 minutes or until done.

In a large skillet, heat 1 tablespoon of vegetable oil over medium-high heat. Add broccoli and sauté for 2 minutes. Add ¼ cup water and continue to sauté for another 2 minutes. Transfer to a plate. To the same pan, add 1 tablespoon vegetable oil. Add mushrooms; sauté for 3 minutes. Transfer to a plate.

Add remaining 2 tablespoons of oil to the skillet. Add rice; cook 5 minutes. Stir in eggs; cook 1 minute. Stir in broccoli, mushrooms, cashew nuts and 1 tablespoon soy sauce and heat through.

Mix together peanut butter, vinegar, 2 tablespoons soy sauce, water and sesame oil. Pour sauce over rice and toss to coat.

To serve, divide rice on 6 warm plates. Top with green onion. May garnish with sliced cucumbers and tomatoes.
Serves 6

Garlic-Black Bean Fried Rice

6 tablespoons canola oil, divided
3 green onions, thinly sliced diagonally
½ cup yellow onion, small diced
1 tablespoon fresh ginger, minced
2 tablespoons fresh garlic, minced
2 teaspoons fresh green chiles, minced
8 ounces ground pork
1 large egg, lightly beaten

½ cup carrots, shredded
1½ cups green cabbage, shredded
½ cup red sweet pepper, small diced
3 tablespoons Chinese black bean garlic sauce
4 cups cold cooked jasmine rice (2 cups raw)
1½ cups fresh mung beans sprouts
½ cup fresh cilantro, chopped

Heat a 12-inch skillet over medium-high heat. Add 2 tablespoons oil, swirl to coat then add the green onion, yellow onion, ginger, garlic and chiles. Stir-fry until fragrant, 30 to 60 seconds. Add the pork and stir-fry, breaking up the meat until the meat is almost cooked through.

Push the meat aside, add 1 tablespoon of oil. When hot, pour the egg into the empty space, stirring until the egg is a soft scramble.

Add the carrots, cabbage and sweet pepper and stir-fry until slightly softened, 2 to 3 minutes. Stir in the garlic black-bean sauce and stir-fry until vegetables are coated about 30 seconds. Add remaining 3 tablespoons of oil to skillet.



Using the hands or a fork, gently break up any clumps of rice. Add the rice to the skillet, gently stirring, stopping occasionally so the rice browns a bit. Add the bean sprouts and stir-fry until slightly softened. About 30 seconds. Transfer rice to bowls or plates, top with cilantro and serve while warm. *Serves 6*

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