

FRIED RICE WITH SWEET EGG

DAY ONE – STEAMED RICE

INGREDIENTS:

200 ml water
125 ml uncooked long grain rice

EQUIPMENT:

measuring equipment
sm sauce pan with lid
fork
soup bowl

DIRECTIONS:

1. In a small saucepan, combine rice and water. Cover with a lid.
2. Bring to a boil over maximum heat.
3. Once boiling, reduce heat to low. Simmer for 16-18 minutes. **Do NOT peek at the rice during cooking!**
4. Transfer cooked rice to a soup bowl. Cover tightly with plastic wrap. Label with your names and block.

DAY TWO

JAPANESE SWEET EGG

INGREDIENTS:

1 egg
5 mls soya sauce
2-5 ml sugar

EQUIPMENT:

measuring cup
fork
non-stick frying pan

plastic egg flipper
cutting board
chef's knife

DIRECTIONS:

1. Crack egg into small bowl; beat with soya sauce and sugar.
2. Heat oil in frying pan and fry as a pancake.
3. When cooked through but not too dry, flip the egg onto a cutting board and cut into thin strips.
5. Serve on top of fried rice.

FRIED RICE

INGREDIENTS:

375 mL cooked rice
0.5 mL salt
2 mL ginger, minced
15 mL soy sauce
5 mL oyster sauce
1 clove of garlic, minced
oil

Salt and pepper to taste

Ingredients of your choice:

Ham, celery, pepper, onions,
mushrooms, frozen peas and carrots,
water chestnuts, green onions

DIRECTIONS:

1. Prepare your vegetables, ham, garlic, and ginger. All vegetables should be diced into small, similar-sized pieces. Ham should be diced.
2. Heat oil (about 10 mL) in the frying pan on medium heat to coat the bottom of the pan. Add in your vegetables that would require the most time to cook (e.g. celery, pepper, onions, mushrooms) and the minced garlic and ginger. Cook for 3 minutes.
3. Add in the rest of your vegetables (e.g. ham, peas, corn, water chestnuts, green onions). Cook for 3 minutes.
4. Wet your hands with cold water. Break up the rice and add it in with the vegetables.
5. Add in the salt, pepper, soy sauce and oyster sauce. Cook for 5 minutes before serving.

