

Yangzhou Fried Rice Recipe

Introduction: Yangzhou Fried Rice is a classic Chinese dish known for its vibrant colors, rich flavors, and simple preparation. It combines rice with a variety of ingredients like eggs, vegetables, and meat, making it a nutritious and satisfying meal.



Ingredients (Serves 2-3):

- **Cooked rice** : 3 cups (preferably day-old rice for better texture)
- **Eggs** : 2, beaten
- **Shrimp** : 100g (peeled and deveined)
- **Cooked ham or sausage** : 50g, diced
- **Carrots** : 1/2 cup, finely chopped
- **Green peas** : 1/2 cup (fresh or frozen)
- **Spring onions** : 2 stalks, chopped
- **Garlic** : 2 cloves, minced
- **Soy sauce** : 2 tablespoons
- **Oyster sauce** : 1 tablespoon (optional)
- **Salt** : to taste
- **White pepper powder** : a pinch
- **Cooking oil** : 2 tablespoons
- **Sesame oil** : 1 teaspoon (for finishing)

Instructions:

1. Prepare the Ingredients:

- Dice the ham or sausage, chop the carrots, and slice the spring onions.
- If using frozen green peas, thaw them by rinsing under warm water.

2. Cook the Eggs:

- Heat 1 tablespoon of cooking oil in a wok or large pan over medium heat.
- Pour in the beaten eggs and scramble until fully cooked. Remove and set aside.

3. **Stir-Fry the Ingredients:**

- In the same wok, add another tablespoon of cooking oil.
- Add minced garlic and stir-fry for 30 seconds until fragrant.
- Add shrimp and cook until they turn pink and opaque. Remove and set aside.
- Stir-fry diced ham, carrots, and green peas for 2-3 minutes until the vegetables are tender.

4. **Combine Everything:**

- Add the cooked rice to the wok. Break up any clumps with a spatula and stir-fry for 2-3 minutes.
- Return the scrambled eggs and cooked shrimp to the wok.
- Season with soy sauce, oyster sauce (if using), salt, and white pepper powder. Mix well to combine.

5. **Finish and Serve:**

- Drizzle sesame oil over the fried rice and toss to combine.
- Garnish with chopped spring onions before serving.

Tips:

- **Rice Choice:** Use long-grain rice for a fluffier texture. Avoid freshly cooked rice as it can be too moist.
- **Customization:** Feel free to add other ingredients like chicken, pork, or mushrooms based on your preference.
- **Presentation:** Serve in a bowl and garnish with additional spring onions or a sprinkle of red chili flakes for color.

Nutritional Information (Per Serving):

- Calories: ~350 kcal
- Protein: ~15g
- Carbohydrates: ~50g
- Fat: ~10g

Enjoy your homemade Yangzhou Fried Rice—a delicious and versatile dish that captures the essence of Chinese cuisine!