

# Fried Rice •

## Ingredients

Canola oil .....	3 Tbsp.	Soy sauce .....	3 Tbsp.
Sesame oil .....	2 Tbsp.	Fish sauce .....	2 tsp.
Cooked parboiled rice, cold .....	6 cups	Hoisin sauce (optional) .....	1 tsp.
Onion, finely diced .....	$\frac{1}{3}$ cup	Sesame seeds .....	1 Tbsp.
Carrot, finely grated .....	$\frac{1}{3}$ cup	Scallions, diced .....	$\frac{1}{3}$ cup
Garlic, minced .....	3 cloves		
Ginger, finely grated .....	1 tsp.		
Eggs .....	2		
Frozen peas .....	$\frac{3}{4}$ cup		

## Directions

*1-2 days ahead:* Prepare Uncle Ben's parboiled rice, rinse and cook according to rice maker instructions — Finely dice **onion**; set aside in *Small Bowl #1* — Grate **carrot** and **ginger**; combine in *Small Bowl #2* — Mince **garlic**; set aside in *Small Bowl #3* — Dice **scallions**; set aside in *Small Bowl #4* — Scramble **eggs**; set aside in *Small Bowl #5*

1. In *Small Bowl #6*, combine 3 Tbsp. **soy sauce**, 2 tsp. **fish sauce**, 1 tsp. **hoisin sauce** (optional), and 1 Tbsp. **sesame seeds**
2. Heat large high-walled frying pan or wok on *High*.
3. Add 3 Tbsp. **canola oil** and heat for *30 seconds*.
4. Add 6 cups **rice** to pan and stir thoroughly. Pan should be hot enough that rice makes popping sounds.
5. Stir **rice** every *30 seconds* for about *5 minutes* until moisture is reduced and rice begins to change color.
6. Create an empty circle in center of pan and add **onion** ( $\frac{1}{3}$  cup, *Small Bowl #1*), **carrot** and **ginger** (*Small Bowl #2*), and **garlic** (*Small Bowl #3*).
7. Add 1 Tbsp. **sesame oil** to vegetables in pan.

8. Cook and stir vegetables carefully for *1 minute*, avoiding combining with rice.
9. Stir contents of pan thoroughly.
10. Create an empty circle in center of pan and add scrambled **eggs** (*Small Bowl #5*).
11. Add remaining 1 Tbsp. **sesame oil** to eggs.
12. Cook, stir, and chop eggs carefully for about *1 minute* until set, avoiding combining with rice.
13. Stir contents of pan thoroughly.
14. Add  $\frac{3}{4}$  cup **peas** and stir thoroughly.
15. Add prepared sauce mixture (*Small Bowl #6*) and stir thoroughly.
16. Cook for about *1 minute*, stirring frequently.
17. Add **scallions** ( $\frac{1}{3}$  cup, *Small Bowl #4*) and stir thoroughly.
18. Remove from heat and serve hot.