

## Ham Fried Rice

- 4 cups COLD cooked white (jasmine) rice
- 2 tbs. bacon grease or the oil of your choice
- 3 eggs beaten
- 1/4 cup low-sodium soy sauce
- 1 tbs. sesame oil
- 2 cups diced cooked ham (1/4-1/2 inch pieces)
- 1 cup frozen corn
- 1/2 cup frozen peas
- 3 green onions (sliced thin)
- 1/4-1/2 tsp. freshly ground black pepper
- 1 tbs. butter
- optional: kosher salt (only as needed)

continue

FOLD

## Ham Fried Rice continued

1. Warm 1 tbs. of bacon grease in a large skillet over medium heat. Swirl the oil to coat the pan. Pour the eggs into the pan and tilt as needed to spread across the skillet. Let the eggs cook for 2-3 minutes and then flip. Cook one more minute. Slide the egg out of the skillet onto a cutting board and allow it to cool. Cut into 1/2-inch wide strips and then cut into small pieces.
2. Add the remaining 1 tbs. of bacon grease to the skillet and increase heat to medium high. Add the rice and stir to coat. Continue stirring and cooking for about 2 minutes. Add the soy sauce and the sesame oil. Stir well, to distribute the sauce throughout the rice. Cook for 5 minutes, stirring frequently, until the rice is heated through.
3. Add the ham, corn, and peas. Stir and cook an additional 3-4 minutes, until everything is hot. Add the eggs and green onions to the skillet. Sprinkle with pepper. Stir gently to mix.

continue

FOLD

## Ham Fried Rice continued

4. Push the rice out of the center of the skillet and add the butter. Allow it to melt and stir to distribute the melted butter throughout the rice. Taste the rice and add salt, ONLY if needed.

Notes: The rice for this recipe needs to be completely chilled, so that it can be easily broken apart into individual grains without any clumping or sticking. I suggest making the rice a day or two (even as much as 4-5 days) before you want to use it. The key to great fried rice is using rice that is as dry as possible, so that your fried rice won't be mushy or soft.

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