



Ketchup Fried Rice

This is primo North American Chinese migrant food, y'all. This is what you feed your kid when you get home after a 10-hour shift at the garment factory, a job you're probably overqualified for, you can't get access to anything you're actually used to cooking, you're poor as shit, and your kid is sick and won't eat anything. (Also, that's my mom).

Everything here is flexible. EVERYTHING. This is less a recipe than... a loose guide. Take it as such and use whatever you have, whatever is cheap, and flavour to your liking.

Ingredients

- *Oil* – a neutral oil is best, e.g. canola.
- *Meat* – bacon, ham, or spam works best because of the salt and fat, but anything works.
- *Vegetables* – frozen corn and peas match the flavour profile of ketchup well, but anything you like. Frozen is cheap.
- *Eggs* – one or two is fine, or exclude if you want.
- *Rice* – long grain basmati or jasmine rice is better, but if short grain (Japanese or calrose) is what you have, then it works.
- *Ketchup*. Obviously.

Overall, you need enough stuff to fill about 1/2 of your wok or skillet.

Instructions

1. Heat the oil in the wok or skillet until it's smoking.
2. Toss in the meat. Cook it for a few minutes; depending on what you use, it may or may not need to be more cooked more. Basically, meat should be cooked through, not raw.
3. Toss in the vegetables. It'll take a bit to thaw them, but once thawed, shove them to one side of the pan or wok.
4. Put in the eggs. Scramble them on the side of the pan where the vegetables and meat are not. This is how you get nice little chunks of scrambled egg.
5. When the egg is properly scrambled, throw in the rice. Hammer it down with a spatula or wooden spoon, breaking up the rice as much as possible, and mixing together all the ingredients.
6. Add the ketchup. Add less if you just want mild flavour, add more if you want it sweeter and more ketchup-y. Toss it in the wok for a bit, until everything is a nice, even colour. The ketchup will make this more moist than most fried rice, and it never really cooks off – the rice ends up being a warm reddish colour, with more colour if you added more ketchup. Heat through.
7. Serve and eat. If you want garnishes, scallions are always a good bet, but this is comfort food and none are needed.