

August 2016
Mrs. Judy Lee's Recipe

Fried Rice

4 c. uncooked rice (long-grain or jasmine rice is best, don't use short-grain or Japanese rice), cook the rice with less water (about 3 1/2 cups water), stir-fry the rice when it is hot (just cooked) for this recipe

3 eggs, beaten

About 1 c. cooked meat (shredded pork, ham, etc.)

6-8 Tbl soy sauce (Kikkoman from Costco is good, don't use Lee Kum Kee premium soy sauce)

1 Tbl salt

Black pepper

1 very small yellow onion, almost like a shallot, diced (optional)

Optional items (diced carrots, peas, bean sprouts, chopped iceberg lettuce, sesame seeds, chopped pineapple, etc.)

Vegetable oil for frying

Fry the eggs in about 1/4 cup oil until cooked. Remove the eggs from the wok.

Fry the onion in about 2 Tbl oil until cooked.

Add the rice. Toss the mixture so that rice doesn't get mashed.

Add the soy sauce, salt, pepper, meat, and eggs.

Add optional items. Might need to add more salt, pepper, and soy sauce at this point if you add a lot of optional items.

Mix and cook until everything is cooked and incorporated.