

Fried Rice

Recipe By Sarah Lasry



Cooking and Prep:  20
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Serves:  6

Contains:    

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Pescetarian

Source: Whisk by Ami

Magazine

Cuisines: Chinese

Ingredients (11)

Main ingredients

- 1/2 teaspoon grated fresh ginger
- 2 teaspoons **Baron Herzog Chenin Blanc** or other dry white wine, divided
- 1/4 teaspoon **Gefen Sesame Oil**
- 2 tablespoons oil

- 2 eggs, beaten
 - 3 cups cooked jasmati rice; break up the chunks
 - 2 stalks scallions, minced
 - 1/2 cup frozen vegetable mixture (peas/carrots), defrosted for 15 minutes
 - 2 teaspoons shoyu sauce (I use San-J Organic Shoyu Sauce or Eden Foods Selected Shoyu Sauce)
 - 2 teaspoons **Gefen Soy Sauce**
 - salt and pepper, to taste
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Start Cooking

Prepare the Fried Rice

1. Marinate ginger in 1 teaspoon white wine and sesame oil.
2. Heat oil in a wok or large frying pan over medium-high heat. Add eggs and scramble until cooked through but still very soft. Remove, leaving oil in wok.
3. Raise heat to high. Once the wok is super-hot, add scallions and stir-fry for 15 seconds. Add ginger with marinade, mix, and stir-fry for an additional 30 seconds.
4. Add rice and stir using a wooden spoon until rice heats up, about 4 minutes. Add vegetables and mix well. Add shoyu sauce, soy sauce, remaining wine, salt, and pepper. Let cook an additional 3 to 4 minutes as you mix well with a wooden spoon.
5. Add egg to the rice mixture and mix well. Stir-fry until all ingredients are thoroughly combined and steaming hot. Remove and serve.

Note:

For best results, use day-old leftover rice. If you do not have day-old rice and still want to make this, add about ¼ cup less water when boiling your rice. Then spread your cooked rice on a baking sheet and place the rice tray in the freezer for 35 to 40 minutes, or refrigerator for 2 hours to dry the rice out before cooking.

Variation:

To make this a full meal, add leftover chopped chicken or meat to the rice. Feel free to add sausage for that extra zing.