

Fried Rice

- 2 Tbls. Vegetable oil
- ½ lb. ground pork (or shrimp, chicken etc.)
- 1 tsp. salt
- ½ tsp. minced ginger
- 2-3 scallions, chopped
- 2 cloves garlic, minced
- 1 cup of bean sprouts
- 1 cup of frozen peas or snow pea pods
- 1 ½ cups of cooked brown rice * see note below
- 2 tsp. soy sauce
- 1 Tbls. chili sauce (like Mae Ploy)
- 2-3 eggs beaten, or egg beaters

Directions:

In a large nonstick sauté pan or wok, heat oil over high heat. When oil begins to swirl, add **pork, salt and ginger**. Break-up the pork with spoon and stir while browning. When pork is cooked and golden, add **garlic, scallions, bean sprouts and peas**. Stir and cook a minute or more, then push it to the side and add a bit more oil if needed. Add **rice** and quickly stir to toast the rice. Once a crust has formed on some of the rice, add **chili sauce and soy sauce**. Incorporate the rice and the rest of the ingredients in the pan. Once combined, push to the side of the pan and add the **eggs** in the center allowing the eggs to curdle lightly. Before eggs are fully cooked, rapidly mix eggs and other ingredients together. Transfer to a bowl or serve from the pan.

The rice:

I use brown rice and cook it with chicken stock, saffron, and salt. One could also add dry minced onion. I make a large batch and freeze 1 ½ cup portions for future use on this recipe as the rice is the most time consuming to prepare.