



GARDEN GREENS FRIED RICE

Season:	Winter
From the garden:	any vegetables, e.g. silverbeet, cabbage, broccoli, kale, beans, carrots, peas etc.
Type:	main
Difficulty:	easy
Serves:	30 tastes
Source:	https://chefsavvy.com/the-best-fried-rice/

Equipment

- Rice cooker
- Chef's knives
- Chopping boards
- Small bowls
- Whisk or fork
- Knife
- Tablespoon
- Large frying pan or wok
- Wooden spoon
- Garlic press
- Serving spoon
- Plates and utensils
- Large tray or platter

Ingredients

- * 2 onions
- * 2 or more eggs (optional)
- * 2 medium carrots (optional)
- * bunches of garden greens
- * 1 C thawed frozen peas (optional)
- * 6 C cooked and chilled rice (brown or white)
- * 4 Tbsp soy sauce
- * 3 Tbsp oyster sauce
- * 1 tsp sesame oil
- * Chopped spring onion to serve (optional)
- * 2 Tbsp butter

Method

1. Fried rice works best with *cold* rice, so, the night before (if possible) put 6 cups rice in the rice cooker and fill to the 6 cup line with cold water. Put the lid on and set to 'cook' (approx 15 mins). Once cooked, let it cool and then refrigerate until required.

If the rice has not been prepared in advance:

Set a timer for 10-15 minutes so you can check when the rice has finished cooking. Once it has cooked, help it to cool down by spreading it out into a thin layer on a large tray or platter with a fork or spoon. Place it in the refrigerator until required.

2. Meanwhile, peel and finely chop the onion and set aside.

3. Wash and finely chop greens and set aside. If using spring onions, keep some aside to be used as a garnish at the end.
4. Peel carrots (if using) and dice (chop into small pieces).
5. If using eggs, crack them into a small bowl and whisk gently.
6. Heat 1 tablespoon of butter in a large frying pan over medium heat.
7. Scramble the eggs in the frying pan until fully cooked. Remove them from the pan and set aside.
8. Add the remaining tablespoon of butter into the pan.
9. Fry the chopped onion (together with the diced carrots if using) over medium heat until tender (3-4 minutes).
10. Meanwhile, crush the garlic in a garlic press and stir it in. Cook for an additional minute.
11. Add in the cold rice, peas (if using) and the chopped garden greens. Sauté for 3-4 minutes. The rice should brown up a bit.
12. If using eggs, add them back to the pan. Stir in the soy sauce, oyster sauce and sesame oil. Cook for 1-2 minutes to heat through.
13. Serve immediately with spring onions for garnish, if desired.

Notes: Fried rice is best when it is made with cold rice. You can even cook the rice the night before. The longer the rice sits the better it tastes!

“Saute” means to fry quickly until lightly browned.

Skills: Dicing, scrambling, adaptability & working around a problem - how to cool rice in a limited time frame