

FRIED RICE

EQUIPMENT

SMALL SOLID BAKING TRAY, MIXING BOWLS, CHEF'S KNIFE, WOK, FORK, LARGE SPOON, SERVING PLATTER, FOIL

INGREDIENTS

200GM LONG GRAIN RICE, 375GM WATER, 3 WHOLE EGGS, 2 DICED CELERY STICKS, 1 DICED CARROT, 1 DICED BROWN ONION, 100GM GREEN PEAS, 3CM PIECE JULIENNEED GINGER, 2 DICED BACON RASERS, 3 ROUGHLY CHOPPED GREEN PRAWNS, LIGHT SOY SAUCE, FISH SAUCE, VEGETABLE OIL, SESAME OIL, 4-5 SPRIGS OF CORIANDER.

METHOD

PLACE THE RICE INTO A SMALL SOLID BAKING TRAY AND POUR OVER THE WATER. COVER THE BAKING TRAY TIGHTLY WITH FOIL AND PLACE THE TRAY INTO A PRE-HEATED OVEN STEAM SETTING 100 °C FOR 20 MINUTES.

CRACK THE EGGS INTO A MIXING BOWL AND WHISK TOGETHER WITH A PINCH OF SALT AND SPLASH OF SESAME OIL AND SET ASIDE.

ONCE THE RICE IS COOKED REMOVE FROM THE OVEN AND SET IS ASIDE TO REST FOR 5 MINUTES, PLACE A WOK ON HIGH HEAT ON THE STOVETOP.

ONCE THE WOK IS HOT ADD VEGETABLE OIL AND SWIRL THE OIL AROUND THE WOK TO COAST THE SIDES. BEGIN BY ADDING THE DICED BACON AND COOK FOR 45 SECONDS.

NEXT ADD THE GINGER, PRAWNS AND DICED ONION AND COOK FOR 1-2 MINUTES.

NEXT ADD THE CELERY, CARROT AND PEAS AND COOK FOR ANOTHER MINUTE. MAKE A WELL IN THE MIDDLE OF THE WOK AND POUR THE WHISKED EGG INTO THE WELL. STIR THE EGG THROUGH VIGOROUSLY UNTIL JUST COOKED.

NEXT ADD THE STEAMED RICE, STIR THE RICE THOUGH AND "FRY" ALL THE INGREDIENTS TOGETHER UNTIL WELL COMBINED. SEASON THE RICE WITH FISH SAUCE SOY SAUCE AND SALT TO TASTE. CHECK THE SEASONING AND REMOVE FROM THE HEAT.

SPOON THE RICE INTO A LARGE SERVING BOWL AND TOP WITH PICKED CORIANDER SPRINGS AND SERVE.

HINTS & TIPS

- THE KEY TO STIR-FRYING IS TO MAKE SURE ALL OF YOUR INGREDIENTS ARE PREPARED AND AT HAND AS SOON AS YOU START COOKING.

- THE STEAMED RICE CAN BE DONE A DAY IN ADVANCE, SOME SAY THAT DAY OLD RICE MAKES A BETTER FRIED RICE.