

MEAT FRIED RICE

Last Modified: 02/01/2014

PREP: 24 Hrs
COOK: 15 Min
STIR-FRY

F MEDIUM

ASIAN

MAKES 10 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Meat (Pork-Chicken-Shrimp-Beef)	1/4" Cubes
		Leave Smaller Sized Shrimp (51+ Count) Whole	
3	Cups	Brown Rice	Uncooked
3	Tbsp	Olive Oil	
2	Tsp	Ham Base (Superior Touch)	
2	Tbsp	Sesame Oil (La Tourengelle)	
6	Stalks	Green Onions (Greens & Whites)	Thin Sliced
1	Small	Carrots (Scrubbed)	Fine Diced
1	Cup	Pea Pods (Strings Removed)	
OR 1 CUP MIXTURE			
1	Cup	Shelled Peas	
1	Small	Yellow Onion	Fine Diced
2	Large	Eggs	Beaten

MARINADE

1	Tbsp	Hoisin Sauce (Koon Chun)	
2	Tbsp	Soy Sauce (Lee Kum Kee)	
1	Tbsp	Fresh Ginger (Peeled)	Minced
2	Tbsp	Garlic	Minced

SAUCE

1/2	Cup	Hot Water	
1	Tsp	Ham Base (Superior Touch)	
3	Tbsp	Hoisin Sauce (Koon Chun)	
2	Tbsp	Soy Sauce (Lee Kum Kee)	
1	Tbsp	Fresh Ginger (Peeled)	Minced
1 +/-	Tbsp	Chili Garlic Sauce (Huy Fong)	To Taste
2	Tbsp	Sweet Chili Sauce (Mae Ploy)	

PREPARATION

CAUTION	You CANNOT make Fried Rice with freshly cooked Rice because it is too soft and will stick together and disintegrate too easily. ALWAYS use day-old (minimum) Brown Rice. NEVER, EVER, NEVER attempt to use a White Rice.
TOOLS	1) Small Mixing Bowl 2) Wok 3) Quart Zip Lock Bag
PREP	The Day Before 1) Cook the Rice according to package directions (adding 2 tablespoons of Ham base into the cold water). Refrigerate the Rice after cooking.

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PREP	DISH 1) Thinly slice the whole Green Onions and set them aside. 2) Finely dice the Carrot and set it aside. 3) Rinse and remove the strings from the Pea Pods and set them aside. 4) Finely dice a Yellow Onion and set it aside. 5) Very lightly beat the Eggs (still white streaks) and set them aside.
PREP	2 Hours Before 1) Remove the Rice from the refrigerator, fluff and let stand until its at room temperature. 2) Cut the Meat into 1/4" cubes and place it in a quart zip lock bag, add in the Sesame Oil. Squeeze to coat and marinate it for 1 hour.
PREP	MARINADE 1) Peel and mince the Ginger, divide it in half and set both aside. 2) Mince the Garlic Cloves and add them on top of one of the Ginger halves.
PREP	1 Hour Before 1) In a small mixing bowl, whisk the Hoisin Sauce, Ginger with Garlic together well and add the mixture into the Meat zip lock bag, squeeze to coat the Meat evenly and marinate the Meat for an additional hour.
PREP	SAUCE 1) In a small mixing bowl, whisk the Water, Ham Base, Hoisin Sauce, Soy Sauce, Ginger
1	Add the Olive Oil to a wok over high heat and heat until just smoking. Add in the Carrots and stir-fry for 1 minute. Add in the Chopped Onions and stir-fry for 1 minute. Add in the Pea Pods (if using) and stir-fry for 1 minute. Add in the Green Onions and stir-fry for 1 minute. Pour in the beaten Eggs slowly while stirring and cook until just scrambled. Add in the Rice and stir-fry until hot. Add in the Shelled Peas (if using) and stir-fry until hot.
2	Add in the Sauce Mixture and stir-fry until well mixed and hot. Add in a little more Soy Sauce if you like a darker colored Fried Rice. Serve while hot.
SERVE	Heap the Rice on a serving platter and serve while hot.