

# FRIED RICE

Adapted from *Everybody Cooks Rice* by Norah Dooley

serves 4 – 6

## INGREDIENTS

1 cup uncooked brown rice or 3-4 cups cooked brown rice  
1 tbsp butter or olive oil  
1 small onion, diced  
2 large cloves garlic, peeled and minced  
1" piece fresh ginger, peeled and grated  
2 carrots, peeled and grated  
1 bunch Asian greens (Bok Choi, Tat Soi, Napa Cabbage, or even spinach would work)  
½ cup corn  
½ cup green peas  
1 tsp sugar  
1 tbsp fish sauce  
2 tbsp soy sauce  
2 eggs

## METHOD

To cook the rice: measure the rice and place into a medium size bowl, cover with cool water and stir to remove any dirt or residue, then strain the water. If the water is very cloudy, repeat the process.

Place the washed rice into a medium size saucepan that has a tight fitting lid. Place the pan on the stove and turn on the heat to medium.

Measure the water needed for the rice. Use 2 cups of water for 1 cup of rice. Let the rice/water come to a boil and then turn the heat down to low and cover with the lid. Set the timer for 25 minutes to remind yourself to check it.

While the rice is cooking prepare all the vegetables and the remaining ingredients to have them ready to be sautéed together.

In a large sauté pan or wok heat the oil or butter. When hot add the vegetables in the order listed, stirring frequently for a few minutes between each addition.

When the vegetables are cooked add the sauces and toss together. By this time the rice should be finished. Taste test with a fork.

Combine the vegetables with the rice in a large pot or serving bowl. Cover.

In the pan used for the vegetables, add another tablespoon of butter or oil to heat, then add the eggs and scramble quickly. When finished toss them into the vegetable rice mixture and serve.