

How-To Make Fried Rice

by Thuy (Titi) Nguyen

Ingredients:

2 cups uncooked white rice

1/2 cup sliced onions (red, white, or yellow)

1-2 T olive oil

2 cups fresh or frozen veggies (any combination of corn, carrots, peas, or green beans)

1 lb marinated and chopped meat (shrimp, chicken or beef)*

4-6 eggs

**if you're using shrimp, marinate with oyster sauce; if you're using beef or chicken, marinate with soy sauce*

Directions:

1. Wash the rice and rinse at least 3 times. Add approximately 4 cups drinking water—you want the water to be about an inch above the rice. Cook according to directions. Optional: Replace a teaspoon of water with oil if you want the rice to be extra separate.
2. Heat pan to medium. Beat the eggs and either add the oil to the egg mixture or straight to the pan. Pour a thin layer of eggs to make thin crepes and then slice into thin strips.
3. Stir-fry onions in oil for a few minutes until caramelized. Add your shrimp and cook until slightly pink.
4. Remove shrimp and put on a plate. Add fresh vegetables, followed by frozen vegetables, and cook an additional few minutes. Add the cooked rice, making sure to mix out all the lumps. Sprinkle with the chopped eggs. Serve!