

Yangzhou Fried Rice Recipe

(Chinese Recipes)

Ingredients: Serves 4-6

3 cups basic cooked rice, cooled to room temperature

1 cup peanut oil

¼ lb shrimps, shelled, de-veined and cut into ¼-inch pieces

3 eggs, beaten with a pinch freshly ground white pepper and ¼ teaspoon salt

For the sauce:

1 tablespoon soy sauce

1 tablespoon Chinese white rice wine

½ teaspoon salt

1 teaspoon sugar

½ tablespoon oyster sauce

1 teaspoon sesame oil

Pinch freshly ground white pepper

2 teaspoons minced fresh ginger

2 teaspoons minced garlic

1 cup Barbecued Pork, cut into ⅓-inch dice

3 scallions, trimmed and finely sliced

Method:

Prepare the cooked rice. Reserve. Heat a wok over high heat for 45 seconds. Add the peanut oil and heat to 325°F. Add the shrimps and oil-blanch them for 30 seconds. Turn off the heat, remove the shrimps, drain, and reserve. Transfer the oil from the wok to a bowl and reserve. Heat the wok over high heat for 10 seconds. Add the beaten eggs and scramble until medium soft. Turn off the heat and, with a spatula, cut the egg into small pieces. The egg will harden slightly as you do this. Remove and reserve. In a bowl, combine the sauce ingredients and reserve. Wipe off the wok and spatula with paper towels. Heat the wok over high heat for 20 seconds, return 2 tablespoons of the reserved peanut oil to the wok, and coat the wok with the oil using the spatula. When a wisp of white smoke appears, add the ginger and stir briefly. Add the garlic. When it turns light brown, add the pork. Cook, stirring, for a minute. Add the cooked rice. Cook, stirring well, for 2 minutes. Add the reserved shrimp and stir well. Stir the sauce, drizzle into the rice, and stir well. Reduce the heat to low and stir, making certain the rice is completely coated and mixed. Add the scrambled egg and mix well. Add the scallions and mix well. Turn off the heat, transfer the rice to a heated bowl, and serve.

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