

Yang Chow Fried Rice

Serves 1 | Active Time: 35 minutes | Total Time: 50 minutes

Swick

Chef's Notes

Rouxbe Homework Assignment No. 1

Skills and techniques used

Step 3: Knives & Knife Cuts – How to Slice Ingredients

Step 3: Stocks – Dark Stocks

Step 4: Dry-Heat Cooking Methods – Pan Frying

although the dry heat cooking methods technique didn't cover a wok, I still got a lot out of it, because I wasn't afraid to get the wok screaming hot. My stove finally was used as it should be!

Step 1: Cooking the rice (should be done ahead, so it is completely cool)

- 1 cup Jasmine Rice
- 1 2/3 cup water
- salt to taste

Bring water and salt to a boil, add rice, cover and steam for 10 minutes. Turn off the heat, leave covered and allow to sit for 20 minutes.
The rice should be cold when added to the wok.

Step 2: saute the eggs

- 2 large eggs whipped
- salt to taste

I use a 12 inch saute pan. I pour the whipped eggs into the pan and sort of form a crepe. I actually like the egg to take on some color, although, this is not traditional. After the egg is set, I give it a quick flip, then let it cool a bit before cutting it into julienne strips.

Step 3: Preparing Your Mise en Place

- 2 Carrots, diced
- 6 oz mushrooms, diced
- 5 spring onions, diced
- 1/3 pound chicken breast, diced
- 1/3 pound BBQ Pork (Chinese)
- 3 TBSP Oil
- 8 oz soy bean sprouts
- 8 oz shrimp
- 5 cloves garlic, chopped
- 2 inch piece ginger, chopped
- 6 oz baby green peas
- 1/2 head lettuce, shredded
- previously cooked egg, cut into Julienne
- 2 tsp rice wine
- 2 tsp soy sauce
- 1/2 cup dark chicken stock

dice the veggies, meat, and shrimp into pieces approximately the same size.
Combine the rice wine, soy sauce and chicken broth in a cup.

Step 4: Stir-frying

heat the oil in the wok, until very hot. add the carrots and mushrooms. Cook for apx. 3 minutes. Add the chicken and BBQ ham, cook for apx. 3 minutes. Add Shrimp, and cook for apx. 2 minutes. Add soybeans, and saute for 1 minute. Add the garlic, ginger, and green onions and saute for one minute. Add rice, and mix with the veggies and meat. Add the soy sauce mix, and stir until the rice is heated through and the sauce is mixed in. Add the peas and Julienne eggs. Off the heat, add the lettuce, then serve