

Chinese Fried Rice

INGREDIENTS:

3¼ cup finely chopped onion
2 1½ tablespoons oil
1 egg, lightly beaten (or more eggs if you like)
3 drops soy sauce
3 drops sesame oil
8 ounces cooked lean boneless pork or 8 ounces chicken, chopped
1½ cup finely chopped carrot (very small)
1½ cup frozen peas, thawed
4 cups cold cooked rice, grains separated (preferably medium grain)
4 green onions, chopped
2 cups bean sprouts
2 tablespoons light soy sauce (add more if you like)

DIRECTIONS:

Heat 1 tbsp oil in wok; add chopped onions and stir-fry until onions turn a nice brown color, about 8-10 minutes; remove from wok.

Allow wok to cool slightly.

Mix egg with 3 drops of soy and 3 drops of sesame oil; set aside.

Add 1/2 tbsp oil to wok, swirling to coat surfaces; add egg mixture; working quickly, swirl egg until egg sets against wok; when egg puffs, flip egg and cook other side briefly; remove from wok, and chop into small pieces.

Heat 1 tbsp oil in wok; add selected meat to wok, along with

carrots, peas, and cooked onion; stir-fry for 2 minutes.
Add rice, green onions, and bean sprouts, tossing to mix well;
stir-fry for 3 minutes.
Add 2 tbsp of light soy sauce and chopped egg to rice mixture
and fold in; stir-fry for 1 minute more; serve.
Set out additional soy sauce on the table, if desired.

source:tomatohero.com