

Mexican fried rice

Ingredients

For the rice:

- 1 tbs olive oil
- 2 cups long grain rice
- 1 clove garlic, minced
- 1 small onion, chopped
- 1 cup diced celery
- 1 small green pepper, diced
- ½ litre vegetable or chicken broth
- 500 grams tomato paste
- ½ cup corn kernels
- ½ cup frozen peas, thawed
- 1 small bunch coriander, chopped
- ½ tsp salt

To fry the rice, Mexican style:

- 1 tbs sesame oil
- 200 grams fresh prawns
- 100 grams cabbage, julienned
- 60 grams bean sprouts
- 40 grams each of red, green and yellow peppers, julienned
- 40 grams carrots, julienned
- 10 grams dried red chilli flakes, or to taste
- 4 eggs, scrambled
- Soy sauce, to taste
- 1 bunch spring onions, chopped
- 5 eggs, fried sunny-side up, for garnish

Method

Step 1: Prepare the rice the day before. Heat olive oil and cook garlic, onion, celery and green pepper. Add rice and brown, taking care not to burn the grains. Stir in tomato paste and vegetable or chicken broth. Add in salt, then cover and cook over low heat until rice is almost fully cooked. Cool rapidly then stir in peas, carrots and coriander. Refrigerate as soon as possible, leave overnight. Shell and devein the prawns, then chop into large pieces.

Step 2: Heat sesame oil in a large pan and saute the cabbage, bean sprouts, carrots and peppers.

Step 3: Stir in the prawns and cook until almost done. Sprinkle in chilli flakes to taste. Add the cooked rice and scrambled eggs and stir to distribute ingredients evenly. Add soy sauce to taste and sprinkle in spring onions.

Step 4: Pack a portion of rice firmly into a bowl, place a plate over the bowl and invert. Carefully lift away the bowl. Repeat with remaining portions. Top each mound of rice with a fried egg.

To match the hearty flavours of this dish, Montoya recommends serving a William Fevre Gran Cuvee Carmenerre 1999.