

Fried Rice, Cantonese Style

- ❖ 2 or 3 eggs
- ❖ 2 tsp. salt
- ❖ 1/2 tsp. dry sherry
- ❖ 2 Tbs. onion-minced
- ❖ 5 Tbs. cooking oil
- ❖ 4 cups cooked rice
- ❖ 1 tsp. Chinese brown gravy syrup or 1/2 tsp. Kitchen Bouquet or Gravy Master
- ❖ 1 cup bean sprouts—or the shredded thick part of lettuce as a substitute

Servings: 3-5

1. Beat eggs with salt and sherry.
2. Heat oil in Joyce Chen Stir-Fry Pan or Wok over medium high. Stir in minced onion and then the egg mixture. Scramble and break into small pieces until quite dry. Add rice, brown syrup, and bean sprouts. Stir constantly until the ingredients are well blended and thoroughly heated—about 8 to 10 minutes.
3. One-half cup diced or shredded cooked meat such as pork, ham, chicken, shrimp or beef may be added with the rice, if desired.

For lighter, fluffier fried rice use day-old, cooked long grain white rice. Fried rice is the way Chinese use leftover rice. Never use soy sauce as it tends to make the rice too soft.