

Fried Rice

16 Servings

Ingredients:

8 cups cooked rice
3/4 cup peanut oil
1 pound cooked meat or shellfish
1/3 clove minced scallions
1 pound very thinly sliced vegetables
1/2 cup soy sauce
8 each eggs, beaten

Directions:

STIR RICE WELL TO BREAKUP LUMPS AND SEPARATE WELL
PLAN TO PROCESS IN SMALL BATCHES (2 CUPS RICE AT A TIME)
HEAT 3 TABLESPOONS OIL IN A WOK, OVER A MODERATELY-HIGH FLAME
ADD THE MEAT OR SHELLFISH AND STIR FRY FOR 30 SECONDS
ADD THE SCALLIONS AND STIR FRY FOR 1 MINUTE
ADD THE VEGETABLES AND STIR FRY FOR 2-3 MINUTES, UNTIL ALMOST TENDER
ADD THE RICE AND STIR FRY UNTIL DRY TO THE TOUCH
ADD SOY TO TASTE-TOSS TO MIX WELL
STIR IN BEATEN EGGS, HEAT AND STIR UNTIL WELL SET
OR, SCRAMBLE EGGS SEPARATELY AND CUT INTO STRIPS
SERVE HOT