

# Fried Rice

(China)

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The People's Republic of China is the most populous country in the world and has 56 ethnic groups. China has a very strong economy and trade with the world.

Fried rice was invented as a tasty way to use leftover rice. It most likely originated in the Sui Dynasty in Yangzhou, Jiangsu.

## **Ingredients:**

2 eggs

Frozen vegetables (suggestion: peas, carrots, corn edamame, green beans, but any vegetables will work)

2 cloves garlic, minced

Rice (cold/leftover)

Oil

Sesame sauce and/or soy sauce

## **Instructions:**

Boil frozen vegetables in a saucepan according to the package, or until soft. Drain the water so that the vegetables don't get mushy.

In another pan, scramble the eggs into small pieces. Transfer to a bowl or plate.

While the pan used to scramble eggs is still hot, add oil over medium-high heat. Add garlic, frozen vegetables, and rice. Stir the mixture, then add in the cooked eggs.

Stir fry for 3-4 minutes. Add in a dash of sesame oil and/or soy sauce.

Enjoy!

**Tips:** Don't cook anything on low heat, it must be on medium or high heat. When cooking the egg, make sure the pan is hot. As soon as the pan is hot, add oil, then immediately add in the egg. Leftover rice is the key for great fried rice because it is firmer after being in the refrigerator.