

# Fried Rice

(China)

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China was ruled by various dynasties for much of its history. The first dynasty is believed to be the Xia dynasty which formed somewhere around 2250 BC.

Fried rice first developed during the Sui Dynasty in China in the city of Yangzhou. Fried rice is believed to have started as a way of reusing leftover rice due to Chinese taboos against wasting food.

## **Ingredients:**

2 cups rice (white or brown)  
2/3 cup carrots, chopped (fresh or frozen)  
1/2 cup green peas (frozen)  
2 tablespoons vegetable oil  
2 eggs  
2 tablespoons soy sauce (or oyster sauce)  
2 tablespoons sesame oil  
1/4 cup cut lettuce or parsley, for garnish (if desired)

## **Instructions:**

Place rice in a pot with 4 cups of water and bring it to a boil.

Reduce heat, cover the pot with a lid and let simmer for 20 minutes.

In a small saucepan, boil carrots in water for about 3 to 5 minutes. Drop green peas into water and drain.

Heat your cooking pot over high heat.

Pour in vegetable oil, then stir in the carrots and peas, and cook for around 30 seconds.

Crack in 2 eggs, and mix quickly to scramble the eggs with the vegetables.

Stir in the eggs and the vegetables with the rice.

Add soy sauce (or oyster sauce) and toss into the rice.

Drizzle the rice with sesame oil (which is also optional) and toss again.

Garnish with cut lettuce or parsley, if desired.

Then you're done!

**Tips:** Some tips to cook good fried rice is to use cold and leftover rice, which makes it easier to separate and decreasing the chances of your fried rice turning out mushy. Also, don't overdo the saucy seasonings like soy sauce or oyster sauce because that would also make your rice mushy.