

EGG FRIED RICE

So I sent my SPAM Fried Rice recipe to my family. My mother responded asking if I had tried adding in eggs. I had thought about it, but for some reason, it did not fit with the SPAM. So enter another night when I wound pacing my house, cursing, and wondering what I was going to make for dinner that night. Hey! I still have some leftover rice and I have eggs! Let's give this a try!!!

INGREDIENTS

Qty.	Unit	Item
3	Cups	Cooked Basmati
AR	-----	Kosher salt
1	TBSP	Unsalted Butter
3	4 oz. Cans	Sliced Mushrooms
3	Largish	Eggs
3	Cloves	Garlic
3	TBSP	Refined / Light Olive Oil
1	TSP	Toasted Sesame Seed Oil
3	TBSP	Soy Sauce
1 ½	TBSP	Fish Sauce
1 ½	TBSP	Rice Wine Vinegar
AR	-----	Chives

OK... about the rice. First, notice I said "cooked". You need enough uncooked rice to make what the package says will make 3 cups of cooked rice. Second, notice I said "basmati". I like basmati, but you'll probably see all sorts of different recommendations

Insert standard disclaimer about salted vs unsalted butter here

If you want less salt, use lite soy sauce

As far as the chives go, if you have fresh GREAT!!! If not, the regular ol' dried chives will work

SPECIAL TOOLS

- NONE!!!
- Well, none, unless you don't have a kitchen scale

PREPARATION

THE RICE [I]

- 1) Place a measuring cup on a kitchen scale and zero the weight
- 2) Measure out 1 cup of uncooked rice and record the weight
- 3) Rinse the rice [ii]
 - a. Cover the rice to at least twice its height with water in a 3 or 4 quart pot
 - b. Swirl around and massage with your hand
 - c. Drain the water
 - d. Repeat until the water runs clear or 5 times, whichever comes first
- 4) Place a measuring cup on a kitchen scale and zero the weight
- 5) Place the rinsed rice in the measuring cup and record the weight
- 6) Calculate the weight of the water in the rinsed rice by subtracting the weight from step 2 from the weight from step 5
- 7) Place a measuring cup on a kitchen scale and zero the weight
- 8) Measure out the recommend water from the rice cooking instructions
- 9) Remove the amount of water from step 6
- 10) Put water, and the recommended amount of salt, in a 3 or 4 quart pot and bring to a boil
- 11) Add the rice, reduce heat to VERY low, and cover
- 12) Heat, stirring occasionally, until water is full absorbed [iii]
- 13) Remove from heat
- 14) Add the recommended amount of butter (unsalted) and gently fold in until it melts and is thoroughly distributed
- 15) Let sit uncovered for at least 5 minutes
- 16) Fluff and spread the rice on a ¼ sheet pan and put in the fridge overnight [iv]

THE OTHER STUFF

- 1) Drain the mushrooms through a strainer over a 1 quart measuring cup
- 2) Heat cast iron pan on HI
- 3) Rinse the eggs
- 4) Crack eggs and whisk in a bowl
- 5) Measure out 3 cups of the cooked rice from the ¼ sheet pan in the fridge
- 6) Peel and mince the garlic
- 7) Spread the mushrooms on a clean towel or paper towels and pat dry
- 8) Add 3 TBSP of refined / light olive oil to the cast iron pan
- 9) Add the garlic to the pan. Let it brown a tad, but by no means let it burn
- 10) Add the rice to the cast iron pan and stir
- 11) Cook the rice, stirring frequently, until you notice a slight texture change; a handful of minutes [v]
- 12) Add the mushrooms and stir until evenly incorporated
- 13) Add the soy sauce and stir
- 14) Add the fish sauce and stir
- 15) Add the rice wine vinegar and stir
- 16) Add the TOASTED sesame seed oil and stir

- 17) Re-whisk the eggs and stir into the rice mix
- 18) Heat for another minute or two
- 19) Remove heat and let sit for at least 5 minutes
- 20) Plate
- 21) Sprinkle on chives
- 22) ENJOY!!!

NOTES

- i. This is what I did for the rice I used. It may vary depending on the rice you use, so when in doubt, go by the instructions on the package. If they offer a “drier” version of the recipe, use that one. You’ll eventually figure out a brand of rice you like along with the wetness of the rice you like
- ii. There are many different ways of doing this, so do what works for you! Some will argue that this does not do anything significant, but it works for me
- iii. The cook time will depend on your rice, but for the stuff I use, it is generally in the ballpark of 20 minutes
- iv. If you can’t wait for the next day, at least give it an hour
- v. Want crunchier rice? Cook it a bit longer. Want less crunchy rice? Cook it until just heated

PICTURES

No pictures yet!!!