

The Way of Cooking: Fried Rice

	RICE (4 cups)	AROMATICS (½ cup [250g])	BASIC SEASONING (1 tsp [15ml])	ADDITIONAL SEASONING (½ -1 tsp [7-15ml])	MEATS (½-1 cup)	VEGETABLES (½-1 cup)	EGGS
Pineapple Fried Rice	Medium and/or brown	Shallots and garlic	Salt	Curry powder Black mustard seed	None	Pineapple Peas or edamame (optional)	hard-boiled (optional)
Omu-rice (Nursery favorite in Japan: short for “omelet rice”)	Medium or short grain	Onions	Salt and ketchup	Black pepper	2 hot dogs, sliced	Peas	Crepe-like scrambled egg atop rice
Guam breakfast rice	Medium or short grain	Onions and garlic	Salt and soy sauce	Black pepper	Uncooked: SPAM or Lap Cheong OR Cooked: ham or any leftover meats	Frozen mixed vegetables or your favorite	Top with your favorite
Chinese style	Long grain	Onions, chives	Salt	White or black pepper	Cooked Ham, chicken, or shrimp	Your favorites	Scramble egg into rice
Nasi goreng	Long grain	Shallots and garlic	Salt and kecap manis	Coriander and cumin or sambal oelek	chicken, shrimp	Optional	Scrambled in (optional)
Stuffing (use to fill eggplant, tomatoes, peppers)	Medium or long grain	onions	Salt	Pepper, oregano	None	Celery, raisins, carrots	None
Kimchee rice	Medium grain	Garlic (optional)	Salt (optional)	Liquid squeezed from kimchee (required), Sesame oil (optional)	Uncooked lean pork, slivered	Won bok (cabbage) kimchee, squeezed dry and sliced	Fried on top (optional)

When making fried rice as a side dish, think of flavor combinations that you know go well together (turkey and cranberry, pork and apple, salmon and spinach) and use the fruit or vegetable in your rice to accompany your roasted or grilled main dish