

Chinese Fried Rice – Allen style

Janice and I learned how to make fried rice during a Chinese cooking class about 35 years ago. We have modified it quite a bit to add more meat and other things. This makes a lot and you need a big hurkin' wok (ours is 14" in diameter, 5" deep, 7 inch flat bottom).

Ingredients:

- 4-5 cups of cooked long grain rice (not Calrose aka "sticky rice"). Must have been refrigerated at least 10 hours. The rice will have to be crumbled until it is virtually at the single grain level.
- 8-10 slices thick style bacon
- One large onion (chopped)
- 1-1.5 lbs of lean pork (recommend boneless loin chops or something like that).
- 2 cups of fresh bean sprouts
- 5 eggs (scrambled and chopped)
- ¼ - ½ cup Japanese soy sauce
- Optional
 - Frozen Stir Fry vegetables (thawed and water squeezed out)
 - ½ cup of shelled, roasted sunflower seeds
 - Chopped water chestnuts

Process:

- Cut the bacon in to ¾ inch pieces and slowly fry in the wok. After they are crisp, take out the bacon and reserve, keep the bacon fat.
- Cut the pork into ½ inch cubes, fry in wok until done.
- Throw_in the chopped onion and stir fry until semi-transparent.
- If using the stir fry vegetables, through them in a cook until headed through.
- Toss in reserved bacon and sunflower seeds, water chestnuts.
- Add crumbled rice. Stir fry constantly or it will burn. You are only trying to heat it up. Can turn down heat. When the rice is hot.
- Add soy sauce to color and taste. Put in a little at first and stir it in to make sure you don't overdo it.
- Add the chopped egg and bean sprouts and stir until heated. The bean sprouts will be al dente.

Serving:

Hints:

- This can be refrigerated and reheats well in the microwave. It can also be frozen.
- If the bacon is very lean, you might need to add a splash of oil.
- Use the correct rice; I like simple long grain rice.
- Don't forget to add the egg AFTER the soy sauce or the egg will soak it up.