

Recipe

Chinese Fried Rice

By

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Ingredients

- Basmati rice - 1 cup
- Carrots -1 or 2
- Beans - 10 or 12
- Cauliflower - ½ small
- Cabbage -150 gms
- Capsicum -1 or 2
- Peas - ½ cup (Optional)
- Aji-no-moto(Mono sodium glutamate) - ½ tsp.

- White pepper powder - ½ tsp
- Salt - as required
- Caramelized sugar syrup - 1 tbsp
- Soya Sauce - 2 to 3 tsp
- Oil - 3 to 4 tbsp

Vinegar Chillies:

- Long variety green chillies - 4 (cut into thin round pieces)
- Plain vinegar - ½ cup
- Salt - 1 tsp.
- Soya Sauce - 1 tbsp
- Mix everything two to three hours before serving.

Preparation

1. Boil rice in 12 cups of water to which little salt and a tsp. of oil is added.
2. When it is $\frac{3}{4}$ tender drain water completely.
3. Allow the rice to cool completely by spreading on a broad plate. Separate the grains.
4. Cut the vegetables into even sized very small pieces.
5. Heat oil in a broad frying pan and fry carrots, capsicum and cabbage in order given.
6. while frying vegetables add half of the Aji-no-moto. (If using peas, cook separately and then add)
7. Fry in a high flame for few minutes. (Till the vegetables become tender).
8. Add cooked rice, salt, pepper and caramel sugar.
9. Sprinkle soya sauce and fry on a high flame till rice is fried well.
10. Serve hot with vinegar chillies.

Note: While cooking more rice do not double the quantity of Aji-no-moto. Little more than given quantity is enough.

Serves

2 Persons.

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