

CHICKEN FRIED RICE.

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Preparation Time; 1 hours

Cooking Time Total; 30 Minutes

This recipe will yield about 4 to 5 portions for adults. The general rule is 1/3 cup of uncooked rice for each adult portions desired. So as an example if you have 6 adults to serve you will need 2 cups of uncooked rice to satisfy every body. Compensate the water Ratio as explained in section # 2 below.

If you do a bigger Recipe and use more Rice all other ingredients and spices should be close to or almost the same as this Recipe. So no need to add more spices, more Veggies or more Chicken. Of course it depends on how much more you want to do. Use your own judgment and taste to adjust with this Recipe.

Day # 1

STEP # 1 – PREPARING AND COOKING THE RICE. (15 minutes)

The rice must be cooked the day before and put in the fridge overnight.

RICE TO WATER RATIO; To cook Basmati Rice you will need about 1¾ part water for one part of Rice. Jasmine Rice needs about 2 parts water for one part of rice. For this recipe I use TEXANA Premium quality white long grain rice (jasmine). You can use Basmati rice for this recipe if you want, you will only have to convert the water ration for the type of rice you want to use. Basmati Rice is longer and more aromatized and less soggy but I prefer to use Jasmine rice because it is less aromatized. It's a question of taste but know that Basmati Rice will cook more easily. So the type of Rice as well as its age will be factors that will determine how long it will need to cook. It will be your call to judge if the Rice is cooked enough. **For this recipe the Rice must not be too cooked at this step # 2** because with time the Rice will continue to absorb the humidity of the first cooking and it will be cooked again in Step # 4 and 5

PREPARATION; Wash the rice in a large bowl fill with cold water. Move the rice around with your hand till the water becomes white and starchy. Strain the rice and rinse. Repeat this procedure twice again. This operation will remove the Starch from the Rice and make it easier to digest.

- 1 ½ Cup of TEXANA white long grain Rice. (jasmine rice)
- 1 Table Spoon of Olive Oil.

COOKING THE RICE; First of all place only the rice and one table spoon of Peanut Oil in the pot and fry the Rice at medium heat for about 5 minutes. Use a large flat end spatula to scrape the bottom while turning the rice. Cook until the rice become translucent. This operation will prevent the Rice from becoming heavy, soggy and sticky.

- 2 ¾ Cups of Water.
- 3 Table Spoon of Soya VH Sauce (low in sodium)

After this first operation now you can add the water and three Table Spoon of Soya Sauce. Bring to a boil then lower the heat at low and put the cover on the pot. Do not stir too often and leave the cover tightly on. Cook only for 15 minutes (**not more**). The rice must not be overcooked because if overcooked the rice will become soft and saggy.

Remove the pot and strain and rinse the Rice in cold water immediately. Leave in the strainer and let sit for about 30 minutes. Turn the Rice occasionally. After 30 minutes in the strainer, put the rice in a container with a cover on and in the fridge for cooking in the wok in step # 4 the next day.

Day # 2

STEP # 2 – PREPARATION OF THE CHICKEN.

Previously cook one complete Chicken Breast and remove the bones and skin and cut the chicken in small pieces. Mix together the Sauces below and then mix it with the chicken and put the chicken in the fridge for now.

- 1 Table Spoon of Teryiaki VH Sauce (low in sodium)
- 2 Table Spoon of Soya VH Sauce (low in sodium)

STEP # 3 – COOKING THE VEGGIES.

- 1 Table Spoon of Peanut Oil.
- 3 Celery sticks.
- 1/4 Tea Spoon of Sea Salt.
- 1 Very small Pinch of Celery Salt.
- 1 Pinch of black ground pepper.

Add to the Celery all ingredients below only at the last 5 minutes of cooking.

- 8 Spring-Onions. (Green Onions)
- 6 White Mushrooms. (Medium)
- 1 Tea Spoon of Soya VH Sauce, (low in sodium)

Finely cut all veggies above and first reduce only the celery at high heat with the Oil and the spices mentioned at the top over the line. **Do not put in the Onions and the mushrooms just yet** and cook the Celery until it is reduce to half its original size. Then add the Onions, the Mushrooms and the Soya Sauce and cook only for 5 minutes. Then strain the veggies and put aside for now at room temperature.

STEP # 4 – FRYING AND SEASONNING THE RICE.

- 1 **Small Pinch** of ground Sage.
- 1 **Small Pinch** of Savory.
- 1 **Very small Pinch** of Celery Salt.
- 1/4 Tea Spoon of **Garlic Powder**. (Not garlic salt)
- 1 Table Spoon of Soya Sauce VH (low in sodium)
- 1 ½ Table Spoon of Peanut Oil.



Spread one tea Spoon of Peanut Oil all over the WOK with your fingers. Put the Rice in the WOK and only add the above ingredients for now. Sprinkle the Rice with a few drops of Peanut Oil and the Soya Sauce to taste. Here I suggest only one Table spoon of Soya Sauce and let the ones eating the rice to adjust it to their own taste. Fry the rice for 15 minutes while stirring constantly with a spatula to scrape the bottom of the WOK.

STEP # 5 – MIX IN THE VEGGIES AND THE CHICKEN WITH THE RICE.

Now you can add the veggies and keep cooking and stirring the Rice for another 5 to 10 minutes. Remove the Chicken from the fridge and heat it in the micro wave for only 2 minutes at high and then incorporate the Chicken into the WOK with the rice and the veggies. Mix delicately as not to brake up all the Chicken. Cook for another 5 minutes so that all the different spices from the Chicken, the veggies and the Rice mix all well together. Cut off the heat on the WOK and put the cover on to keep warm. The rice is ready to be served. If you have an electric WOK just remove the cord and bring the WOK on the table and let the guest serves themselves. The Rice usually cool very fast so what I do is when the Rice is cook I unplug the WOK and I don't put the cover on, I just let the Rice take in all the flavors of the spices until I serve the guests. When we are ready to eat I reheat the Rice in each individual plate just before I serve.

I AM SURE YOU WILL LOVE THIS RICE AND I KNOW IT'S WORTH ALL THE TROUBLE TO MAKE IT.

BON APPÉTIT.