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EPISODE 30 - SPECIAL FRIED RICE

Ingredients for 4 serves:

400 g Basmati rice
1 onion
1 clove garlic
1 small piece of fresh ginger
2 spring onions
2 sprig of Thai coriander (with roots)
1 medium carrots
1 celery stalk
150-200 g fresh bean sprouts
3 eggs
125 g bacon bits
250 g raw, peeled & deveined prawns
4 Chinese sausages, boiled for 15 minutes and sliced
1 tsp Chicken soup powder
2x 1 tsp Chinese 5 spice powder
1 1/2 tbsp Hoi Sin sauce
1 tbsp Roasted sesame oil
1/2 tbsp Sriracha chili sauce
3 tbsp light soy sauce
Canola oil (Rapsöl)

Method:

Slice onion into thin slivers
Crush and then finely chop the garlic
Chop the ginger as finely as possible
Slice the white parts and half of the green parts of the spring onions diagonally
Finely slice the rest of the green parts of the spring onions and put aside to garnish
Finely chop the roots and stems of the coriander and roughly chop the rest
Put a handful of the leaves aside to garnish
Julienne the carrots
Dice the celery

Whisk the eggs lightly and fry in a large frying pan or thin based wok
Chop then remove from the pan and set aside
Fry the onions, the large parts of the spring onions, the finely chopped coriander, the ginger and the garlic
Remove from the pan and set aside but keep warm

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Do the same with the carrots and the celery

Heat more oil

When the oil is really hot, add the prawns

About halfway through frying them, add a squirt of Sriracha sauce

When ready, set aside, too

Fry the Chinese sausage and set aside

Fry the bacon bits and after a couple of minutes dust with a heaped teaspoon of 5 spice powder and fry until cooked then set aside

Wash the frying pan again and heat more oil

Fry the rice in manageable portions by firstly tossing it in extremely hot oil and then adding, one after the other, the five spice powder, chicken soup powder, a generous squirt of Hoi Sin sauce, a drizzle of sesame oil, and finally, a generous splash of soy sauce

Finally add the raw bean sprouts, chopped egg, some of the coriander leaves and stir through

Transfer to a large serving bowl or platter.

Sprinkle with some of the finely chopped spring onions and serve.

Put the rest of the coriander leaves and spring onions onto a small plate on the table for the guests to garnish themselves (they shouldn't garnish themselves but garnish the rice themselves ;-)).