

## Fried Rice

Kitchen # \_\_\_\_\_

- 1 tablespoon plus 2 teaspoons vegetable oil, divided
- 2 eggs, lightly beaten
- 2 cloves garlic, minced
- ½ onion, chopped
- 1 carrot, small dice, microwaved to soften (2-3 minutes)
- ¼ cup frozen peas
- ½ of a small ham slice, pre-cooked & diced
- 2 ½ cups pre-cooked rice
- 2 tbsp. soy sauce
- Optional: ½ cup chow mein noodles*



Prepare all vegetables: rinse, dry and prepare according to above instruction.

In a large skillet over medium heat, heat 2 teaspoons vegetable oil. Add eggs and scramble, then break up scrambled eggs into small pieces. Remove from the skillet and set aside. Heat the remaining tablespoon of oil in a skillet; add vegetables and garlic and cook for 3 minutes. Add ham, rice and soy sauce and cook for 3 to 5 minutes or until heated through, stirring frequently. Stir in scrambled egg pieces and cook 1 to 2 additional minutes, or until heated through. Serve into small bowls and garnish with chow mein noodles. *Additional soy sauce may be added, if needed.*

- \_\_\_\_\_ Prepare the onion; set aside
  - \_\_\_\_\_ Prepare the carrot, microwave in water; set aside
  - \_\_\_\_\_ Prepare the ham; set aside
  - \_\_\_\_\_ Measure the garlic & rice; set aside
  - \_\_\_\_\_ Measure 2 teaspoons oil & heat in the skillet
  - \_\_\_\_\_ Beat & cook the eggs; remove from skillet
  - \_\_\_\_\_ Add additional oil (1T.), vegetables & garlic; cook for 3 minutes
  - \_\_\_\_\_ Measure & add soy sauce, along with ham & rice; cook for 3-5 minutes
  - \_\_\_\_\_ Add scrambled egg to skillet, stir; cook for 1-2 minutes
  - \_\_\_\_\_ Serve into small bowls, garnish with chow mein noodles
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- \_\_\_\_\_ Wash dishes & empty sink drains
  - \_\_\_\_\_ Rinse, dry dishes & dry sink/faucet area
  - \_\_\_\_\_ Put dishes away & place dirty towels in the basket
  - \_\_\_\_\_ Wipe off counters, stove, microwave & tables & place recipes in basket
  - \_\_\_\_\_ Empty garbage & Sweep the floors

## Pre-Lab Questions

1. Why do the vegetables get rinsed and dried?
2. What knife cuts are used in this recipe? Hint: there are 3.
3. How do you stabilize your cutting board? Why do we stabilize the board?
4. Which vegetable(s) get microwaved before adding to the skillet?
5. Why are we microwaving the vegetable(s) first?
6. Does all of the oil get added to the skillet at the same time? Explain.
7. At what temperature do you cook this recipe?
8. What must you do to the eggs before cooking them? What tool will you use?
9. Why do you think this recipe calls for pre-cooked rice?
10. What do you think the term "garnish" means and what is the garnish for this recipe?

