



入味

Pork Fried Rice

Serves 5

- 500 ml cooked, long grain rice
- 1 small piece of boneless pork
- 1/2 carrot
- 1/2 celery stalk
- 1/4 red pepper
- 5 ml oil
- 1 egg, slightly beaten
- 5 ml oil
- 15 ml oil
- 15 ml soy sauce
- 50 ml frozen peas

Equipment List

Measuring cups and spoons
Cutting mat
Paring knife
Fork
Small bowl
Wok or frying pan
Two wooden spoons
Serving spoon

METHOD

- Peel carrots and cut into cubes. Cut carrot in half crosswise then cut in half lengthwise the cut crosswise into cubes.
- Wash and slice the celery
- Wash and dice the peppers
- ON A SEPARATE CUTTING MAT, cut the pork into very small cubes on a cutting matt. Wash knife and cutting mat with hot soapy water before using again. DO NOT CUT VEGGIES WITH THE KNIFE OR MAT USED FOR THE PORK.
- Break the egg into a custard cup. Beat with a fork
- Measure peas
- The teacher has cooked the rice for you. Use all the rice you have been given.
- Add 5 ml oil to wok or frying pan on medium/high heat and heat until the oil is hot. Watch that the oil does not smoke. If the oil does smoke, remove the pan from the heat, let cool. Clean the oil out with a paper towel and start again. Add egg, cook and stir with two wooden spoons or a plastic flipper until eggs are thickened throughout but still moist. Remove egg from wok into a small bowl. Set aside.
- Add 15 ml oil to wok. Add the pork and cook until brown on outside. Add carrots, peppers and celery. Fry until the vegetables are tender but still crisp.
- Add cooked rice and peas, stir-fry 1 minute. Stir in cooked egg. Stir in soy sauce.
- Fry and toss for 1 minute. Salt and pepper to taste.
- Remove from heat and serve with serving spoon onto plates.