

Great to make ahead of time. I don't know Howard.

## **Howard's Famous Fried Rice Recipe**

1.5 cups rice

2 cups water

4 eggs (2 eggs only whites, 2 eggs with the yolks)

meat (optional - pork, chicken)

green onion / white onion / celery / bell pepper / broccoli / frozen peas / any crisp vegetable, diced to the size of...well, dice

1 ounce dark sesame oil

2 ounces canola oil

salt (Seasoned Salt is fine)

Early in the day (or the day before): Cook rice. I use 1.5 cups of rice to 2 cups water in a rice cooker. **LET THE RICE COOL** to room temperature, or put it in the refrigerator if you cook the rice the day before.

When the rice is cool, here's what you do:

Mix the eggs (2 full eggs, 2 egg whites) and an ounce of the canola oil and the ounce of dark sesame oil, scramble them up like a crazy person. The key ingredient in this whole thing is the dark sesame oil, so don't forget that.

Pour the other ounce of canola oil in the bottom of a wok (or frying pan). Get that sucker hot! Add the egg mixture to the wok. Now do you see why you should wear clothes while cooking this?

Scramble this up. Don't let it form a big flapjack in the pan. Get this looking like oily scrambled eggs. Because, amazingly enough, that's what it is, so far.

Add the meat (make sure it's already cooked - that's why I suggest leftovers - or if not, cook it in the wok before you add the eggs).

The meat should be diced as well.

Scramble the meat, eggs and oil together.

Before the eggs get burned (but after they're starting to brown), add the rice a little at a time, making sure to break up the clumps as you go. When you've added all the rice, add the vegetables - you add them last so they will remain crisp. Frozen peas are wonderful in this stuff. Even if you don't like peas, you owe it to yourself to try it.

Mix and evenly heat all that stuff in the wok. Keep the heat on medium, and constantly stir. If you don't, you'll form a thermal rice barrier on the bottom of the wok which will prevent the rice on top from cooking. Add some salt, add some more salt (I like Lawry's Seasoned Salt) and taste it as you go. Add some more salt. Taste it again. Repeat. Add pepper if you wish, but I find the dark sesame oil gets it spicy enough.