



YANGCHOW FRIED RICE

This hearty version of fried rice is popular throughout China. Because it uses cooked meats, including shrimp, ham, and chicken, it comes together quickly and makes an appealing centerpiece dish. Bean sprouts are traditional, but if you can't find crisp ones, you can substitute shredded carrots from the produce section, or napa cabbage or iceberg lettuce cut into long, thin strips.

4 cups cooked long-grain rice,
preferably chilled
2 tablespoons chicken stock or water
2 teaspoons soy sauce
1 teaspoon salt
 $\frac{1}{2}$ teaspoon sugar
8 cooked medium shrimp
 $\frac{1}{2}$ cup chopped ham
 $\frac{1}{2}$ cup chopped cooked chicken
2 tablespoons vegetable oil
 $\frac{1}{2}$ cup frozen tiny peas
 $\frac{3}{4}$ cup bean sprouts
 $\frac{1}{4}$ cup chopped green onion

SERVES 4 TO 6

- * Crumble the rice, so that it breaks up into individual grains for easy stir-frying. In a small bowl, combine the chicken stock, soy sauce, salt, and sugar, and stir to dissolve the salt and sugar.
- * Chop the cooked shrimp into small chunks, cutting each one crosswise into 4 pieces. Set aside with the ham and chicken.
- * Heat a wok or a large, deep skillet over high heat. Add the oil and swirl to coat the pan.
- * Add the ham and chicken and toss well. Add the chopped shrimp and cook, tossing often, to heat everything through, about 1 minute.
- * Add the rice and toss well. Cook, tossing often, to heat and season the rice, about 1 minute. Add the chicken stock mixture, pouring it in around the sides of the pan, and toss to mix it into the rice. Add the peas and toss well.
- * Cook, tossing often, until the rice is hot and tender and evenly seasoned, about 1 minute more. Add the bean sprouts and the green onion and toss well. Transfer to a serving platter, and serve hot or warm.

FRIED RICE with shrimp and peas

Shrimp and peas give gorgeous color to this tasty version of fried rice. Take it to a potluck, or enjoy it as a one-dish supper. If you have leftover cooked shrimp, give them a quick toss in the hot pan before adding the rice, instead of allowing time for the shrimp to cook.

- 4 cups cooked long-grain rice, preferably chilled
- 2 tablespoons vegetable oil
- $\frac{1}{4}$ cup chopped onion
- 1 tablespoon chopped garlic
- 1 teaspoon salt
- 8 ounces medium shrimp, peeled and deveined
- $\frac{3}{4}$ cup frozen tiny peas
- 2 tablespoons finely chopped green onion
- 3 tablespoons chopped fresh cilantro

SERVES 4 TO 6

- * Crumble up the rice so that it breaks up into individual grains for easy stir-frying.
- * Heat a wok or a large, deep skillet over high heat until very hot. Add the oil and swirl to coat the pan. Add the onion, garlic, and salt, and toss until shiny and fragrant.
- * Scatter in the shrimp, spreading them out into a single layer. Cook, undisturbed, until most of the shrimp have turned pink around the edges, about 1 minute. Add the peas and toss well.
- * Add the rice and toss well. Cook, tossing often, until the shrimp are cooked through and the rice is hot and tender, 1 to 2 minutes more.
- * Add the green onion and cilantro and toss to mix them in. Transfer to a serving plate, and serve hot or warm.

Chicken Satay w/ spicy peanut sauce

marinade for chicken:

2 T. fish sauce

1/4 c. lime juice

2 stalks of lemongrass, thinly sliced

2 T brown sugar

1 T soy sauce, low sodium

1 T minced ginger.

4 cloves garlic minced

1/2 tsp. chili flakes.

1 # of ^{boneless} chicken sliced 1/2 inch wide strips
~~combine~~ (breast or thighs)

Combine ingredients and marinate
chicken ~~and~~ refrigerate ~~up to~~ for
2 hours or overnight.

Soak wooden skewers in water.

And thread chicken strips through
skewers.

spicy Peanut sauce:

Combine in a small sauce pan

3 T smooth peanut butter

1/4 c. light coconut milk

2 tsp fish sauce

1/2 tsp chili garlic sauce →

1/2 tsp chili garlic

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1 T fresh lime juice

1 T. brown sugar.

Whisk until smooth + blended,
add 1 T water.

Grill chicken satay on grill - indoor
or outdoor. 2-3 minutes each side
and serve with peanut sauce.