🍚 Fried Rice Lab

Culinary 1 · Unit 8 · Level 2 · after the Fettuccine Lab



Name: _____ Date: _____ Period: _____

Makes 4-6 servings. Mrs. Dyches' recipe: Fried Rice (Gimme Some Oven, her recipe link).

🧺 Fried rice

- ☐ 🧈 **3 Tbsp** butter, divided
- ☐ 🥚 **2** eggs, whisked
- ☐ 🥕 **2** carrots, peeled and diced
- ☐ 🧅 **1 small** white onion, diced
- ☐ 🟢 **½ cup** frozen peas
- ☐ 🧄 **3 cloves** garlic, minced
- ☐ 🍚 **4 cups** cooked, chilled rice
- ☐ 🧅 **3** green onions, sliced
- ☐ 🧂 **3-4 Tbsp** soy sauce
- ☐ 🦪 **2 tsp** oyster sauce (optional)
- ☐ 🟤 **½ tsp** toasted sesame oil
- ☐ 🧂 salt + pepper

👩‍🍳 Steps: check each box when you finish

1. 🔪 Dice the carrots and onion. Mince garlic. Slice green onions. ☐
2. 🧈 Melt ½ **Tbsp** butter. Scramble the eggs. Put them on a plate. ☐
3. 🥕 Melt **1 Tbsp** butter. Cook carrots, onion, peas, garlic about **5 minutes**. ☐
4. 🔥 Turn heat to **high**. Add the last 1½ Tbsp butter. ☐
5. 🍚 Add the **cold** rice, green onions, soy sauce, and oyster sauce. Stir. ☐
6. ⏲️ Fry **3 minutes**, stirring sometimes. ☐
7. 🥚 Stir in the eggs. Take off the heat. Add sesame oil. Photo! ☐