

# *Wine & Dine with Jeff*

## **Chicken Fried Rice**

Chicken Fried Rice Pairing with Miraval  
Rose 2020



## **INGREDIENTS**

- 14 Oz of boneless skinless chicken breast cut into tiny 1/2 inch bite size pieces

- ❖ 6 Tablespoons of Avocado oil or any high smoke point oil (split in steps see below)
- ❖ 2 Eggs scrambled
- ❖ 1/2 Cup of yellow onion diced
- ❖ 1/3 Cup of carrot diced thin
- ❖ 1/3 Cup of peas
- ❖ 3 Scallions green parts only
- ❖ 3 Cups of cooked Jasmine rice (cook with chicken stock the day before place in fridge to dry out)
- ❖ 4 Cloves of garlic minced
- ❖ 2 Tablespoons of butter
- ❖ Salt and Pepper to taste
- ❖ INGREDIENTS FOR SAUCE
- ❖ 2 Tablespoons plus 1 teaspoon of soy sauce or tamari sauce (use light sodium)
- ❖ 1 Tablespoon of Oyster Sacue
- ❖ 1 Tablespoon of toasted sesame oil

## DIRECTIONS

1. Fried rice first developed during the Sui Dynasty in China and as such all fried rice dishes can trace their origins to Chinese fried rice. Many varieties of fried rice have their own specific list of ingredients. Today, fried rice dishes are found throughout China,

particularly in the south, where rice is the staple grain. The key to making fried rice is using rice that has been previously cooked. Older rice is dryer, reducing your chances of ending up with a dish that is wet and clumpy. Day-old rice is good, but rice that is two or three days old is best. What I love about fried rice is that you can add any vegetables you prefer. This will soon become your family favorite. I am starting with boneless skinless chicken breast. Cut the chicken into 1/2 inch bite size pieces, so you can enjoy a small bite of chicken in every mouthful. What I love about this recipe, it is very versatile because you can add any proteins you like.

2. One of my tips for fried rice is cut up all your vegetables in advance because the stir fry comes together very fast. I like to cut all my vegetables into small bite size pieces. It helps with the time it takes to cook this fried rice. You can use a wok or a sauté pan either pan works perfect for fried rice. The sauce is very easy mostly just pantry staples you have already. Stir together soy sauce, oyster sauce and toasted sesame oil. Remember do all the prep work in advance before turning on the burner.

3. Add two tablespoons of avocado oil to the pan and turn the burner onto high. When the oil start to shimmer in the pan or you see the first puff of smoke from the oil add the chicken bites into the hot oil. Keep moving the chicken around in the wok or sauté pan because of the high heat it will cook in 3 to 5 minutes depending on how thick you cut the chicken. lightly salt and pepper

to the chicken remember that the sauce we are adding had a high sodium content along with the rice that was cooked in chicken stock that has a high sodium content. when the chicken is 85% cooked push up on the side of the pan add 1 more tablespoon of oil and pour in the beaten eggs. On this high heat they will cook in 1 minute push to the side and on top of the chicken.

4. Add 1 more tablespoon of oil to the hot pan and toss in the vegetables. I used carrots, onion and fresh peas. It will take only 2 minutes for the vegetables to cook on this high heat. You will see the onions turn translucent then it is time to incorporate all the vegetables with the chicken and eggs. Make sure you break apart the eggs into tiny bite size pieces and push up onto the side of the pan and make room for the rice.

5. Remember my tip for the rice, make sure you cook it the day before and place the rice in the fridge. Even if the rice is 2 or 3 days old that is even better because the rice will dry out in the fridge and that is the key for the best fried rice. Pull the rice out of the fridge 1 hour before cooking and run your fingers through the rice to break up any clumps. The rice should feel dry to the touch. I like to use jasmine rice that is cooked in chicken stock for added flavor. Add 2 tablespoon of oil to the pan then add the rice, minced garlic and butter to the pan. Stir to incorporate all the ingredients together, all the chicken, vegetables and rice. Keep stirring for two minutes in the hot pan. Don't skip this step you want the rice to get

a nice toasty flavor being fried in the oil and butter in the pan.

6. After the rice had been fried for 2 minutes add the scallions and the sauce stir and incorporate all the ingredients together. Turn off the burner as soon as the sauce has combined with the fried rice. If you like your fried rice with a little bit of spice you can always add sriracha sauce on the side.