

Fried Rice

Ingredients:

Leftover Brown or White Rice

¼ cup of diced onions,

¼ cup of carrots

¼ cup of celery, peas or mushrooms or any combo of vegetables

1 tablespoon of either light sesame or olive oil

Sea Salt

Shoyu

Freshly grated ginger juice

Heat the oil in a skillet. If you are using onions, always sauté them first. When they get translucent, add a pinch of sea salt. Then add each vegetable separately and sauté for a minute or two. Place the leftover rice on top of the sautéed vegetables and add approx. ¼ cup of water, depending on the amount of rice and vegetables, to the side of the vegetable and cover with a lid for a few minutes.

After 3-4 minutes, lift the lid and see if the leftover rice is getting soft. If it is, at this point you can stir and combine the rice with the vegetables and then cover with the lid. After another 2 couple of minutes, lift the lid and see if the rice is getting a bit sticky and then add a few drops of shoyu and combine again. Cover for a couple of minutes and then right when it is finished, grate the ginger and squeeze about a tablespoon worth on the top of the rice, stir and cover for 30 seconds.