

Pac Choi Fried Rice

½ head pac choi, shredded and divided so there's a pile of shredded stems and a pile of shredded leaves
2 cups cooked, leftover rice
2 eggs, beaten
1 bunch sliced spring onions or scallions, divided so there's a pile of the green parts and a pile of the white parts
½ cup shredded carrots
2 tbsp soy sauce
High-temperature cooking oil, like peanut oil or rendered lard

Fried rice can be a tricky thing. It's one of those deceptively simple dishes that is so much greater than the sum of its parts. People can really be intense about their fried rice. My general philosophy about fried rice (about most foods, in fact) is this: Does it taste good? Yes? Alright, well it's okay that it's not traditional then. If you enjoy making and eating it, then who cares? So, I don't own a wok. I can't produce wok hei. My electric burner doesn't *technically* get hot enough. Sometimes I use freshly cooked rice. Granted, there are some basic techniques that I do follow, but mostly I just care if it tastes good and doesn't make a lot of dishes to do. And it's delicious every time. Just do yourself a favor, and don't make this fried rice for someone who takes it so seriously.



Heat a well-seasoned cast iron skillet over medium high to high heat (oh yeah, open the windows. Seriously, it's going to get smoky). Add in about 1 1/2 tablespoon of the oil. When it's ripping hot, add in the egg. It will puff up in a really satisfying way. Let it cook, without stirring, until it's mostly set and kind of looks like a pancake. It will take less than a minute. Flip the egg over with a heat proof spatula. Let it cook another 15 or so seconds, then take the egg out of the pan and onto a cutting board.

Let the pan come back up to the super hot temperature. Add in another two tablespoons of oil. Now, this part is what will make fried rice nerds super angry. We're going to layer our veggies all at once instead of cooking them separately. Nobody has time to cook everything separately. So, into the hot pan, put the veggies in this order (without stirring): white parts of spring onions/scallions, stem bits of pac choi, shredded carrots, cooked rice, shredded leaves of pac choi, green parts of green onions/scallions. Let it cook until you can start to smell the onion, about 1 minute. Then stir things around so what was on bottom is now on top and vice-versa. Let it sit for another minute. Then stir, let it sit, stir, let it sit, until everything is hot, somewhat cooked (you want some crunch to your veggies) and the rice is starting to get crispy. You might

have to add additional cooking oil, depending on how much fat your rice soaks up. You should be able to hear it pop, kind of like popcorn. If there isn't any sound, add more oil.

During one of the "let it sit" periods, chop up the egg into bits that will fit on a spoon. Once your fried rice is ready, stir the cooked egg bits into the rice. Then, sprinkle about 2 tablespoons of soy sauce all over everything, stirring so it's combined.

Take it off the heat, give it a taste for salt (you also might want to add a bit of white pepper or Sriracha).

Serve immediately.

I like eating my fried rice with chopsticks, but the traditional utensil is a spoon, so you'll never have to chase around the last few grains of rice ever again!