



Egg, Pea and Ginger Fried Rice

Ingredients

Serves 4

4 large eggs, beaten
vegetable oil or other neutral oil
2.5cm piece of ginger, peeled and finely chopped
740g (4 cups) cooked brown or white rice
(or a combination), preferably chilled in the fridge overnight
1 tablespoon tamari or gluten-free soy sauce
310g (2 cups) frozen peas
2 shallots, finely sliced
sea salt and white pepper

Method

Season the egg with a good pinch of sea salt.

In a hot wok or large frying pan, heat 1 tablespoon of oil for just a few seconds, then pour in the beaten egg. Cook over medium-high heat for 10-15 seconds, allowing the bottom to set slightly, then turn the egg with a stainless-steel spatula until just set. Break up the egg slightly, then remove from the wok or pan and set aside.

Heat another big drizzle of oil in the wok or pan, add the ginger and fry for 20 seconds to flavour the pan. Add the rice, breaking it up with the spatula, and fry for about 2 minutes. Next, add the tamari or soy sauce, peas and a few big pinches of sea salt and toss well. Continue to stir-fry for 4-5 minutes until the peas are cooked, then add the egg and mix well. Cook for another minute or so until everything is heated through.

Add a few turns of white pepper. Taste and season with a little more salt if needed. Take the pan off the heat and stir through the sliced shallots.

Serve immediately.



Hetty says...

I grew up in a very traditional Cantonese household and food was the tether that kept my mother, an immigrant from Guangdong province in China, connected to her homeland. I woke up every morning to the aroma of food wafting from the kitchen – my mother started every day with conviction, determined to serve up a nurturing savoury breakfast to her three children before school. Some of our favourite breakfast dishes were soy sauce noodles, macaroni soup, *char siu* (barbecue roast pork) and scallion cheese toasties, pan-fried rice noodle rolls and my favourite, fried rice.

As a Chinese kid growing up in suburban Sydney, my mother's fried rice was a source of pride. While I would never have admitted to my friends that my nightly dinner included Cantonese classics such as pig's intestines soup, black bean tripe or steamed "porkcake", I was always happy to share my mother's fried rice. It was the dish I always requested my mother make for my primary school's annual Carnivale, a day dedicated to appreciating food from other cultures. My mother's fried rice was always well-liked, not as popular as the lamingtons or toffee, but it was not spurned and for me, that was a win. Once a year, on Carnivale day, with an ice-cream tub full of my mother's fried rice in hand, I felt seen, accepted.

Fried rice is a humble dish but it affords me immeasurable comfort. While I was at university, my mother's ginger fried rice was the perfect remedy for a hangover. It was also the first dish I ate after childbirth. My mother made a range of simple fried rice dishes, always with eggs, often with peas and sometimes using frozen "mixed vegetables" (the frozen packets with carrots, corn and peas). This recipe, from my new book *To Asia, With Love*, combines all the elements that I love best in fried rice – eggs, which I consider a fried rice essential, along with humble frozen peas and ginger, for a kick. While it can be enjoyed at any time of the day, fried rice will always be my ultimate breakfast dish, and a great reason to have leftover rice in the fridge.

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