
CHEF DALE SNIFFEN RECIPE

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Everyday Fried Rice a great dish thats gobbles up left overs

Preparation time 10 minutes
Wok time 15 minutes
Serves 4 to 6 people

Prep list

4 eggs
100ml grape seed oil
2 Shallots finely chopped
100gm Smoked bacon, diced
1 cm crushed ginger
6 Crushed garlic
1 Red chilli chopped
1 cup frozen peas, corn and carrots thawed
2 tbsp Japanese cooking wine or sweet sherry
4 Cups cooked long grain rice (cooked the day before)
2 tbsp Sushi soy sauce
2 tbsp Oyster sauce
6 Drop toasted sesame oil

Method

- scramble egg in a mixing bowl with a fork
- pre heat wok to a high temperate
- add 50ml oil, cook eggs like a omelette for 4 minutes
- set omelette aside, then finely shred into ribbons
- add remaining oil stir-fry shallots, bacon, ginger, garlic and chilli for 5 minutes.
- add frozen vegetable stir fry for 4 minutes
- wine, cooked rice, stir fry for 3 minutes
- season with soy sauce, oyster sauce and toasted sesame oil
- plate up with chopped spring onions and coriander leaves