

Fried Onion Rice

Description:

Serving Size: 3 KG

Categories: Side Dish

Cost Per Kilo

\$ 1.47

<u>Action</u>	<u>Date</u>	<u>Initials</u>
Created	7/31/2012	CR
Revised		



Amount	Measure	Ingredient	Preparation Method	Product No.
0.125	lt	Vegetable oil		20-100001608
0.100	kg	Garlic	minced	20-100000869
0.200	kg	Shallots	minced	20-100000864
1.000	kg	Rice		20-100001175
0.004	kg	Bay leaves (2)		20-100001270
1.800	lt	Chicken stock	see recipe	50-100000046
0.250	lt	Vegetable oil		20-100001608
0.300	kg	Eggs		20-100000950
0.300	kg	Onions	sliced	20-100000835
0.100	kg	Garlic	minced	20-100000869
0.200	kg	Peas, frozen		20-100000929
0.100	kg	Salt		20-100001323
0.025	kg	Pepper		20-100001295

Method of Preparation:

- Sweat (cook without colour) the garlic and shallots in the oil. Add the rice and stir to coat with the oil. Add the bay leaves and chicken stock. Bring to a boil, reduce to a simmer, cover and place in a 350F (176C) oven for 18 minutes until the moisture has evaporated and the rice is cooked.
- Chill completely
- Heat a wok (or similar) with a little oil, pour in the egg and cook like a thin omelet. Remove, chop and set aside.
- Return the wok (or similar) to the heat. Add some oil and working fast on high heat saute the onions followed by the garlic. When they start to colour put the rice in and stir/turn to heat evenly. Add the cooked egg and season
- Place in mold and turn out onto the plate.