

Betty's Inviting Chicken Fried Rice Recipe

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In this video, Betty demonstrates how to make a simple and delicious Inviting Chicken Fried Rice. Once you have pre-prepared the chicken cubes and rice, all you have to do is sauté some onion, green peppers, green peas, and carrots, scramble a couple of eggs, add a generous amount of soy sauce, and serve!

Ingredients:

2 cups uncooked long grain white rice

4 cups water

1 teaspoon salt

1 teaspoon vegetable oil (for cooking the rice—I used peanut oil.)

1 or 2 uncooked chicken breasts (enough to get 1 cup cubed chicken. I used 3 chicken breasts, because I happened to have that many left in a large bag, and we can always use leftover chicken! If you already have leftover cooked chicken, that will be fine! Also, you can substitute shrimp, beef, or pork, if you prefer.)

¼ cup vegetable oil (for cooking chicken—I used peanut oil.)

meat tenderizer or salt, to taste (for chicken)

freshly ground black pepper, to taste (for chicken)

1 cup chopped onion

1 cup fresh or frozen green peas

1 large chopped green pepper

1 chopped carrot

2 tablespoons vegetable oil (for sautéing the vegetables—I used olive oil.)

2 eggs

1 tablespoon vegetable oil (for scrambling the eggs—I used olive oil.)

5 tablespoons soy sauce



Make the rice ahead of time, basically according to package directions. (You may make the rice the day before and refrigerate it.) Bring 4 cups water to a boil in a medium-sized pot and add 2 cups uncooked rice, 1 teaspoon salt, and 1 teaspoon oil. Bring it back to a boil, cover the pot with a lid that fits, and cook for 15 minutes. Remove from heat and let it sit. Now, pan-fry your chicken breasts. Trim any excess fat and gristle from the chicken, season it with meat tenderizer or salt and freshly ground pepper. Pound the chicken breasts with a meat mallet, if they are very thick. Place chicken breasts in a skillet that has ¼ cup heated peanut oil. Place in a single layer, and cook over medium heat. Turn them, when they get brown on the bottom, and then remove them to a plate covered with paper toweling when they are done all the way through and brown on both sides. When slightly cool, cut into small cubes, and reserve 1 cup of cubed chicken for this recipe. While you are cooking the chicken, you can sauté the vegetables. Place 2 tablespoons oil in a deep skillet or wok. Add 1 cup chopped onion, 1 chopped green pepper, 1 cup fresh or frozen peas, and 1 chopped carrot. Saute, until tender. Now scramble your eggs. Heat 1 tablespoon oil in a small skillet, and add 2 eggs. Scramble them until they are done all the way through, and then remove them from heat and break them into pieces with a spoon. Now, you are ready to assemble your Chicken Fried Rice. To the sauted vegetables in your deep skillet, add 1 cup cooked chicken cubes, 2 scrambled eggs (in pieces), and 5 tablespoons soy sauce. Return this mixture to the stove and heat, if any of the items have cooled off or have come straight from the refrigerator. When this mixture is hot, remove it from heat, and gently stir in 4 to 6 cups of cooked rice. (You may need to separate the rice, if it is in clumps.) Stir thoroughly to blend all flavors. When all ingredients are well blended, your Inviting Chicken Fried Rice is ready to serve! Serve as a main course with a hot cup of tea! Delicious!!! Be sure to pass the soy sauce for additional flavor! This recipe makes a large amount of fried rice and provides a very inexpensive way to feed a lot of hungry people!