



FRIED RICE WITH DATES, PINEAPPLE & SCALLIONS

菠萝甜枣炒饭 Serves 4

It's believed that the Chinese invented fried rice because they could not abide food waste. This frugal solution has resulted in endless combinations. Here, the concept is authentic even though the flavors are decidedly more modern. This particular version was made to please both my four-year-old, who loves dried fruit, and my vegan father-in-law. Medjool dates are native to Morocco but are commonly used in South Asian cuisine. They're larger and darker than other common varieties and have a caramel flavor. My father-in-law loves sweets, so this rice dish makes him very satisfied.

3 tablespoons vegetable oil

4 cups white rice, cooked

3 medium Medjool dates,
pits removed, chopped
into ½-inch pieces

4 scallions, trimmed
and chopped

1 teaspoon salt

1 cup pineapple, canned
preferred, chopped into
bite-sized pieces, about
1-inch wide

Cooking

Heat a large pan over high heat. Once the pan is hot, add the oil. Reduce heat to medium.

Add the rice and mix to break up any clumps. Cook until warmed through, about 1 minute.

Add the dates and cook for about 30 seconds. Add the scallions and the salt and cook for another 30 seconds.

Remove from heat and add the pineapple. Mix to fully incorporate. This dish is particularly great served alongside Chicken with Celery & Carrots (pg. 226), my husband's favorite.