

SALLY LING'S FRIED RICE

本樓炒飯 Serves 4 to 6

Thirty years ago, and even up until today, most of the fried rice dishes made in Chinese American restaurants were very dark in color, the result of lots of soy sauce. Not at Sally Ling's. My parents' restaurant was known for a fried rice that was very light in color, and we continue making it this way at Dumpling Daughter today. At first glance, people might think that the dish will be bland since they're used to the kind laden with soy sauce. I too never understood why this recipe was so good until I learned to make it myself.

Every ingredient is delicately cooked to perfection, seasoned along the way, and tied together at the end for the full effect. It may take time to prepare, but this dish is so good it can stand alone. It's definitely worth the effort!

Please note: this makes a large amount of fried rice. You may have leftovers. You will be happy about this!

12 shrimp (21-25 per pound)

2 medium eggs, whisked in a small bowl

6 tablespoons vegetable oil, divided

1½ teaspoons salt, divided

4 ounces boneless, skinless chicken breast, shredded into thin strips

½ onion, peeled and diced (about ½ cup)

1 cup frozen peas and carrots

2 ounces ham steak, cut into small cubes

4 cups white rice, cooked

2 scallions, only the greens, trimmed and chopped

Prep list

PEEL AND DEVEIN THE SHRIMP, then rinse with cold water. Pat the shrimp dry with a paper towel.

PREPARE AND MEASURE the remaining ingredients.

Cooking

Heat a large pan over high heat. Once the pan is hot, add 2 tablespoons of the oil. When it shimmers, add the eggs and scramble until just cooked, about 1 minute. Sprinkle with a third of the salt and transfer to the serving platter you plan to use.

Heat the same pan over medium heat. When the pan is hot, add 2 tablespoons of the oil. Add the shrimp and the chicken and cook until both are cooked through, about 2 minutes. Transfer to the serving platter with the eggs and sprinkle with a third of the salt.

Heat the same pan over medium heat. When the pan is hot, add the remaining 2 tablespoons of oil. Add the onions and the peas and carrots and cook until they are soft, about 1 to 2 minutes. Add the ham and the rice. Return the chicken, the shrimp, and the eggs to the pan.

Mix to break up the rice and evenly incorporate all the ingredients. Sprinkle the remaining salt over the dish and cook until all the ingredients are warmed up. Remove from heat, add the scallions, and mix well. Serve on a large platter or bowl.

