

Pork Fried Rice

Heads Up! - The secret to real, authentically textured fried rice is in using day-old cooked rice. This allows the outside of the rice to dry and harden so it doesn't stick when fried. When you cook rice for a meal, make an extra cup and a half of dry rice. (Use the proportion of 1 cup rice to about 1 1/2 cups water so that your rice isn't too wet and sticky.) Remove the extra portions (4 to 5 cups), let cool, then place in an airtight plastic bag and freeze. Remove from the freezer to the refrigerator the morning of the day you wish to use it. By dinnertime, it will be thawed. Or you can microwave the rice briefly to thaw it. You'll have the major component of fried rice already cooked.

1 pound trimmed pork loin
8 to 10 carrot sticks or 2 medium to large carrots
2 cups broccoli florets
3 to 4 tablespoons chopped gingerroot
1/4 cup canola oil
1 to 2 teaspoons prepared chile paste, or less to taste
1/2 cup chopped scallions
2 to 3 tablespoons lite soy sauce
2 tablespoons water
4 to 5 cups leftover cooked rice
2 cups thawed frozen corn
1 cup thawed frozen peas
1 tablespoon toasted sesame oil

1. Dice the pork loin into 1/4-inch cubes. Cut the carrot sticks into 1/4-inch cubes. Cut the broccoli florets into pieces to match the pork and carrots. Chop enough fresh ginger to measure up to 1/4 cup.
2. Line all the foods and condiments up on a tray in the order in which they will be added to the pan. Heat a wok or a heavy 12-inch skillet over high heat. (High heat is very important.) Add 1 tablespoon of the canola oil to the hot pan and heat until hot. Add the pork and cook until no longer pink, about 3 minutes. Stir the meat only occasionally. If you move it too much, it won't caramelize and brown the way it should.
3. Add the ginger and chile paste and cook for 30 seconds. Pour the pork mixture into a bowl; set aside. Wipe out the wok and place it back over high heat.
4. Add 3 more tablespoons oil to the wok and heat until hot. Add the carrots and broccoli and stir-fry until not quite tender, about 1 minute. Add the scallions, 1 tablespoon of the soy sauce, and water and cook until the water almost evaporates, about 1 minute.
5. Add the rice, corn, peas, and pork mixture to the wok, toss to mix, and cook until heated through, about 2 minutes. Season with more soy sauce to taste. (If the rice sticks, add more oil or a little water around the edges, and toss.) When the rice is hot, add the sesame oil and toss to combine. Mound the fried rice on a platter.

Nutrition Information Per Serving: Single serving is 1/4 of the total recipe CALORIES 693; PROTEIN 37g; CARBS 83g; TOTAL FAT 27g; SAT FAT 4g; CHOLESTEROL 67mg; SODIUM 395mg; FIBER 6g

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