

Chicken & Rice (Asian)

2 CUPS COOKED RICE
4 SCALLIONS (GREEN ONION)
2 TSP. GRATED FRESH GINGER
1 LARGE CARROT GRATED THIN
3-4 TBSP OLIVE OIL
2 TBSP. SHERRY
4 TBSP SOY SAUCE
1 LB. CHICKEN CUT IN THIN STRIPS
4 TSP. CORN STARCH



1 TSP. SUGAR

1 TSP. SALT

Rice: Prepare day ahead, should be cold out of refrigerator for good fried rice.

Chicken: Toss chicken in salt and cornstarch set aside.

Veggie Prep: cut tips and ends off green onions remove outer leaf and chop into small round pieces. Ginger: take off nubs and peel then grate ginger. Peel large carrot with potato peeler. Cut off carrot tip and end and grate carrots with box grater. Heat up wok, add olive oil and veggies sauté' for 1 minute. Add chicken and sauté' for 2 minutes. Add sherry, soy, and sugar. Mix well. Take out of work and set aside. Add cooked rice to hot wok, cook on high heat while tossing until hot. Put chicken in, cover 10 minutes. Toss and serve 4 persons.