
Fried Rice Salad

Total time: 12 hrs 20 min Yield: 6 Servings

Ingredients

2 cup cooked white rice (day old preferred)
vegetable oil
salt
1/2 head green cabbage (finely shredded)
1/2 cup sweet corn kernels
1/2 cup carrots (julienned)
1 cup green peas or shelled edamame (thawed)
1/2 cup green onions (sliced thinly)
1/2 cup cilantro (roughly chopped, divided)
1 Tbsp sesame seeds (toasted)
2 Tbsp sesame oil
3 Tbsp shoyu
2 Tbsp granulated sugar
2 Tbsp rice vinegar
1 tsp ginger root (finely minced)
black pepper

Prep Time: 12 hrs Cooking Time: 20 min Total Time: 12 hrs 20 min

Instructions

Allow the cooked white rice to cool, then spread over a parchment lined baking sheet in a thin single layer. Place the tray of rice and dehydrate in the oven on low 150°F for 3 to 4 hours.

Heat vegetable oil in a deep frying pan to 350°F. Fry the dried rice until it puffs and turns light golden brown, about 1 minute. Drain on paper towels and season to taste with salt.

In a large bowl combine the cabbage, corn, carrots, green peas or edamame, green onions, ¼ cup cilantro and sesame seeds. In a separate bowl, whisk together the sesame oil, shoyu, sugar, rice vinegar, ginger and garlic. Pour the vinaigrette over the salad and toss to coat, seasoning to taste with salt and black pepper. Toss in the deep fried puffed rice and garnish with more cilantro. Serve immediately.

Recipe brought to you by:

Chef Lee Anne Wong