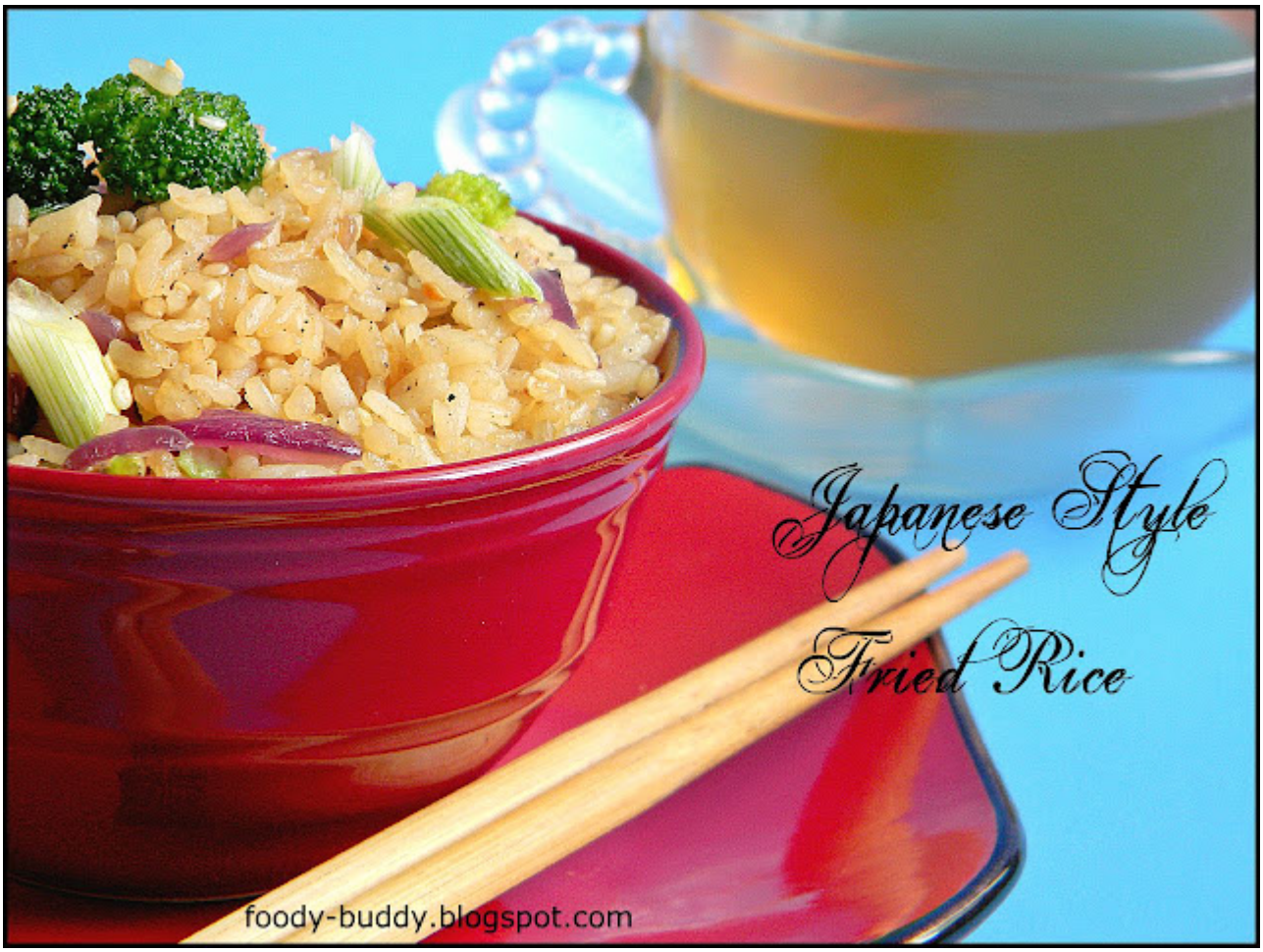
Japanese Style Fried Rice without Eggs



Fried rice is an Asian-inspired dish that has become so popular and now available all over the world. I love Japanese people and culture especially I love the traditional dress called Kimono and dolls. My brother bought me that doll after he came back from Tokyo trip last year. Coming to this recipe, this is a yummy and easy Japanese fried rice. I'm a big fan of this rice but it tastes different from Chinese fried rice. This is so simple to make; combine cooked rice with sauted vegetables, sesame seeds and scrambled eggs or meat of your choice, season with soy sauce and ready to serve. Addition of sesame seeds adds a great flavor to the rice. Try it with

leftover rice, it tastes delicious.Try this recipe and let me know your feedback.

Ingredients

2/3 Cup of Cooked Rice(Cold) / Leftover Rice
1 Tsp of White Sesame Seeds
1 Tsp of Mayonnaise / Vegenaise
1 Tsp of Butter
1 Tbsp of Soy Sauce
3 Broccoli Florets
2 Tbsp of Red Onion, Finely Chopped
2 Garlic Cloves, Finely Chopped
2 Green Onion, Chopped
1/2 Tsp of Red Chiliy Flakes
1/4 Tsp of Sugar
Dash of Salt and Pepper
2 Tsp of Oil

Method

- **In a pan, dry roast the white sesame seeds for 2 mins until color changes and aroma comes.**
- **In a wok / pan, heat oil in a medium flame, add red chilli flakes, chopped onion, white part of green onion and garlic, saute it for 2 mins.**
- **Add broccoli florets, saute this for 1-2 mins until it turns soft not mushy.**
- **Add sugar, salt and pepper, mix well with veggies.**
- **Add rice and soy sauce, once you add rice to the wok, turn the heat to high, . Your wok or pan has to be so hot that it makes every single grain of rice to jump and dance off in the wok. Stir-fry tossing continuously for**

about 5 minutes (adding in more soy sauce and black pepper if needed to suit taste).

- Add butter, mayonnaise/vegenaise and sesame seeds, mix thoroughly with the rice.
- Stir in the green part of the onion and serve hot along with green tea.



Tips

- Don’t add hot rice while making fried rice, it should be cold.
- Adding mayonnaise/vegenaise is optional, you can avoid that.
- Use a medium or short grain rice, not Jasmine rice. Jasmine rice is better for Chinese and especially Thai food, but NOT for Japanese food, wrong texture, flavor

and aroma.

- You can also add more vegetables like tofu, mushroom, baby corn, carrots, peas and bamboo shoots to get a great taste.
- If you are non-vegetarian add scrambled eggs or chicken or shrimp or beef to your rice.
- Soy sauce comes in light or dark. “light” is little saltier than “dark”. If you use “dark” soy sauce, your rice looks dark brown in color also different taste.
- Basically soy sauce are high in sodium level, for the health reasons, I used low sodium soy sauce.
- Soy sauce are made of 50% soy beans and 50% wheat. But Tamari are made of 100% Soy beans and no wheat in it. So tamari is ideal for people following gluten free diet .

Health Benefits of Fried Rice

- Making fried rice at home is a more nutritious rather than buying a takeout order from a restaurant .
- You can boost the vitamin, mineral and nutrient content of your dish by using brown rice instead of white rice to add fiber and get the nutritional benefits of whole grains.
- Instead of using high fat meat, use a low fat meat substitute, scrambled eggs or more vegetables. Finally, keep salty condiments to a minimum and don’t fry the rice in more than a couple of tablespoons of oil to reduce total fat and calories.
- Sesame seeds are good in calcium, magnesium, iron, high in dietary fiber and good for heart.


Japanese Style Fried Rice
buddy-buddy.blogspot.com