



**Cuizoo Cooking School
September 4, 2019
Hibachi Style Fried Rice with Yum Yum Sauce
Fruit "Yakitori"**

Fried Rice Secret Sauce

Makes enough for one large batch of fried rice

- ½ cup soy sauce
- ½ cup water
- ¼ cup Mirin (Japanese Sweetened Sake, available in Asian section)
- 3 cloves garlic, peeled and chopped
- 1 inch piece of ginger, peeled and chopped
- 1 teaspoon sesame oil
- ½ tablespoon sugar

Combine all ingredients in a small saucepan and simmer for about ten minutes. Set aside to cool.

Hibachi Style Fried Rice

Serves 6-8 as an entree (and great leftover!)

- 3 cups medium grain white rice (Calrose or Japanese brands are best), cooked according to package and chilled for at least 4 hours or overnight
- ½ inch piece fresh ginger, peeled and finely chopped
- 2 cloves garlic, peeled and finely chopped
- 4 tablespoons butter plus 1 tablespoon, softened
- 2 tablespoons canola oil
- 3 eggs, whisked to blend
- ½ large onion, chopped (or 1 medium)
- 1 red pepper, chopped
- 1 batch of Secret Sauce (above), cooled
- 1 ½ teaspoons salt (more or less to taste)
- Freshly ground pepper

2-3 tablespoons Mirin
1 bunch scallions, trimmed and chopped
1 tablespoon toasted sesame seeds
Other veggies, cooked chicken or leftover chopped meat, if desired
Additional butter and canola oil

Combine fresh ginger and garlic in a small bowl. Put half of the ginger and garlic in a bowl with 4 T softened butter and mix to combine. Reserve other half and set aside.

In a wok or large saute pan, melt about 1 T of butter over medium heat and cook eggs omelet style (scrambled is fine too). Remove, chop or slice, and set aside.

In the same wok or pan, heat 2 T of canola oil over medium high heat and add the other half of the ginger and garlic mixture. Stir fry until fragrant. Add chopped onions, red peppers, and other "sturdy" vegetables you might want to use (save greens or tender veggies for the end). Stir fry the vegetables until just tender.

Add the rice and stir fry to combine with veggies and break up any clumps of rice. Add about $\frac{1}{3}$ of the Secret Sauce and stir to combine until well mixed. Repeat with remaining Secret Sauce. I usually add it in three additions and stir fry for about 10 minutes. Add in salt and pepper and stir well.

When rice is thoroughly combined and heated through with Secret Sauce, add in butter/garlic/ginger mixture and melt throughout, stirring well. Taste for seasoning. Add additional 2-3 T of mirin and more salt and pepper if needed. When ready to serve, add in chopped scallions, chopped eggs, sesame seeds, cooked chicken (if desired), and any other veggies or herbs you are using. Taste one final time and adjust seasonings as needed.

*The key to making the rice flavorful (like in a restaurant) is usually salt, sugar, and butter! It's not the healthiest approach, but that is what makes it extra tasty for a special treat! You can also add some hot sauce or Sriracha Sauce if you want spicy fried rice.

Hibachi Yum Yum Sauce

1 $\frac{1}{2}$ cups mayonnaise
2 tablespoons melted butter
2 teaspoons tomato paste
2 teaspoons sugar
1 teaspoon garlic powder
1 teaspoon paprika
 $\frac{1}{2}$ teaspoon salt
2-3 tablespoons water

Mix all ingredients to combine and chill for about an hour before serving with fried rice and grilled meats and/or veggies.

Fruit “Yakitori”

Wooden Skewers, soaked in water for a few minutes

Grilled or raw pineapple chunks

Banana chunks

Pound Cake or Angel Food Cake, in one inch chunks

Caramel Sauce or Chocolate Sauce

2 tablespoons Melted Butter

1 tablespoon Honey

Skewer fruit and cake as desired. Mix melted butter and honey together and baste skewers. If broiling, line the baking sheet with foil. Grill or broil until toasted and slightly browned. Serve warm with a drizzle of caramel or chocolate sauce and ice cream if desired.

Timeline

- 4:00-4:15 Intro and Wash Hands
- 4:15-4:30 Chop Ginger, Garlic, Onions, Peppers, Scallions, Chicken
- 4:30-4:45 Make Garlic/Ginger Butter, Special Sauce, Yum Yum Sauce
- 4:45-5:00 Make Omelets
- 5:00-5:30 Fry Rice and Make Fruit Skewers
- 5:30 Serve Rice, Skewers, and Box leftovers

Trivia

1. Rice can be very sticky and hard to get out of a dirty pan. Sticky Rice was used in the construction of what major landmark?

Empire State Building
*The Great Wall of China
Egyptian Pyramids
Roman Coliseum

The Great Wall of China is held together with sticky rice. While the Great Wall was being built during the Ming dynasty in the 15th and 16th centuries, workers used a porridge made with rice along with calcium carbonate as a mortar to hold the wall's stones together.

2. Rice can last a long time in your pantry! How long does white rice stay good for?

1 month
1-5 years
*10-30 years
50 or more years

Rice is good for years—unless it's brown. Uncooked white rice will stay fresh and edible for anywhere between 10 and 30 years (depending on how it is stored). But uncooked brown rice has a shelf life of just three to six months because the bran coating will oxidize.

3. There is white rice and brown rice. Brown rice is considered healthier than white rice. So, true or false: All white rice starts as brown rice.

*True

All white rice starts brown. OK, you might know this one, but it's important. White rice is just brown rice that's been rid of its outer bran layer and polished.

4. Rice is grown on every continent except:

North America
*Antarctica

South America

Asia

Rice is adaptable, easy to grow, and it has a very high yield, making it a terrific crop to grow anywhere and feed a large population. Just one seed of rice will result in over 3,000 grains.

5. Americans eat more than 20 pounds of rice every year. That might seem like a lot, but it's nothing compared to the rest of the world. According to the [US Rice Producers Association](#), people in Asia eat up to 300 pounds a year and residents of the United Arab Emirates consume 450 pounds per year. The French, on the other hand, eat hardly any rice at all—just ten pounds every year.

6. The largest bowl of fried rice was fed to pigs. In October 2015, 300 cooks teamed up in Yanzhou, China, to break the world record for the largest bowl of fried rice. They did it, creating a bowl of Yeung Chow fried rice (made with rice, eggs, chicken, ham, shrimp, dried scallops and vegetables) that weighed in at 9,242 pounds. Everyone celebrated until pictures emerged of some of the rice (deemed unfit for human consumption) being loaded into dump trucks and sent to pig farms. According to Guinness, the entirety of the rice needed to be edible (by humans) to qualify. So the record is still held by the Turkey Culinary Federation in Bolu, Turkey, which made a 6,944 pound bowlful.

Activities

Art: Decorate takeout containers

Extra Activity: Chopstick skills?

Trivia: types and history of rice, where it's grown, etc.