



# Fried Rice Paradise

Spicy staple with an eye-pleasing topping of tasty salmon, prawns and eggs

**W**e all have our favourite recipes for fried rice – that old standby crowd pleaser that is so amazingly adaptable.

Every Asian cuisine, it seems, has a favourite fried rice recipe. In Japanese restaurants, we get it served at the end of a teppanyaki meal, mixed with a pile of golden minced garlic and seasoned with nothing but a bit of soy sauce.

The Malay nasi goreng comes spicy and strong, with oodles of chilli and belacan mixed into the rice and very often topped with a pile of crisp ikan bilis.

The Chinese elevated this dish to the banquet table with the fabled Yangzhou Fried Rice.

Traditionally, the Chinese chef likes to add egg, peas or broccoli stalks, roasted meats or sausage and bits of chicken.

It's so popular that a local

restaurant has built its entire reputation on fried rice, and charges an exorbitant price for it, too.

To most of us, however, fried rice is simply a tasty way of turning left-over rice into a satisfying one dish meal.

You can keep it simple, with nothing more than an egg added, or you could turn it into a festive dish by topping up with seafood chunks or satay skewers.

The secret to a good fried rice is to use rice that's left overnight, or at least completely cooled down. The reason is simple – freshly cooked rice tends to be starchy, and will stick together in clumps.

You want fried rice that has tasty grains, not lumps. In the Imperial kitchens of China, the benchmark for a good fried rice used to be "silver grains edged with gold".

Each individual grain, if you cut it open, would have a golden covering of eggwash!

While we are hardly ever going to examine our fried rice this closely, it's still nice to turn out an attractive, tasty dish for our families.

My recipe this week uses MAGGI Nasi Goreng Paste. I must admit I keep quite a few packets in my store cupboard. It's so easy to use and gives great results every time.

I've added salmon and prawns to the fried rice and garnished it with a few quail's eggs. It's a very impressive dish that's fit for a weekend family feast, or when you are throwing a party. It's simple enough for a weekday meal as well.

If you're more of a meat eater, just substitute for beef or chicken cubes.

Try a frozen vegetable mix, or use any combination of fresh vegetables. I used diced baby asparagus and baby corn spears. Or, you may like to add cauliflower and broccoli florets.

If you have questions about this recipe, feel free to email us.



by Pauline D Loh

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## Recipe

### Fried Rice Paradise

#### Ingredients:

- 1 packet MAGGI Nasi Goreng Paste
- 4 cups cooked rice
- 200 gm baby asparagus, diced
- 200 gm baby corn spears, diced
- 1 salmon fillet (300 gm), cubed
- 300 gm small prawns, shelled
- 10 quail eggs, boiled, shelled, halved
- 1 small cucumber, sliced
- 1 tablespoon minced garlic

#### Method:

1. Heat some oil in a non-stick wok. Fry the minced garlic till golden. Add salmon cubes and prawns and stir-fry over high fire till cooked – about 5 minutes.
2. Remove fish and prawns, set aside. Add rice to wok, and break up clumps by pressing down. Add MAGGI Nasi Goreng Paste and mix well.
3. Add diced vegetables and continue to stir fry. Add half of the salmon and prawn mixture to rice. Mix well.
4. Remove fried rice to platter and top with remaining salmon and prawns. Garnish with sliced cucumbers and halved quail eggs.

(Total cooking time: 15 minutes. Serves 4 – 6)

#### Grocery List/Price Guide:

- 1 pkt MAGGI Nasi Goreng Paste (\$0.50)
- 1 pkt baby asparagus & baby corn spears (\$1.50)
- 1 salmon fillet (300 gm) (\$4.00)
- 300 gm prawns (\$3.00)
- 10 quail eggs (\$1.00)
- 1 small cucumber (\$0.50)
- Total: \$10.50

## SALMON & OMEGA 3 OILS

SALMON used to be a rare sight on our dinner tables. But now, thanks to improved freight and transportation, we are getting salmon all year round in our markets.

It's a fish known to contain a high amount of omega-3 oil, which helps the body form healthy muscles and improves blood circulation.

The benefits of this "good oil" came to light when scientists discovered that though the Eskimos had a high fat diet, they also had an amazingly low rate for heart diseases and diabetes.

A closer examination revealed that their diet had a high proportion of a specific omega-3 fatty acid called EPA or Eicosapentaenoic Acid, largely from the fish they eat.

Additional studies in Japan, the Netherlands and Sweden also confirmed that a diet of fatty fish such as salmon lowers the rate of heart disease and improves "good" cholesterol.

That's a lot of argument for cooking and eating more salmon. But then, this fish tastes so good we really don't need much convincing, do we?