



Egg Fried Rice

Chicken Stock

Ingredients	
Item	Quantity
Roast Chicken Carcass	1 (or Multiples)
Onion Quartered	1
Carrot cut into chunks	1
Celery Stalk	1
Rosemary	Sprig
Thyme	Sprig
Sage	2 or 3 leaves
Bay	1 Leaf
Garlic	1 Clove crushed and skinned

Method

1. Roast chicken carcass if not pre cooked
2. Break carcass into large pieces and add to stock pan
3. Add remaining ingredients
4. Cover ingredients in cold water
5. Heat water until just beginning to boil stirring occasionally
6. Simmer gently for at least 2 hours, cover and leave over night
7. Strain solids out of stock
8. Stock can be used immediately, frozen or canned.

Boiled Rice

Ingredients	
Item	Quantity
Rice per portion	100g (120ml)
Chicken Stock	180ml

Method

1. Measure rice required and check volume
2. Add 1.5 times the volume of cold stock
3. Bring rice to the boil stirring occasionally to ensure rice does not stick
4. Reduce heat to minimum and steam for c. 5 minutes if starting with cold stock (longer if stock was hot)
5. Turn off heat when all liquid is absorbed
6. Leave cooled rice in fridge for 24 hours before using or freezing

Egg Rice

Ingredients per portion	
Item	Quantity
Cooked Rice per portion	250g
Garlic	1 clove
Fresh Chilli	To taste
Spring onion	1
Lard	1 tbs
Fresh Egg	1
White Pepper	Pinch
MSG	Pinch
Spring onion & Chilli	For garnish
Soy Sauce	To taste

Method

1. Finely mince garlic, chilli and whites of spring onion
2. Reserve fine slices of chilli and spring onion greens for garnish
3. Beat eggs
4. Heat lard in Wok until very hot
5. Fry garlic, chilli, shallots and Spring Onion whites for 30s or so until they start to colour
6. Move garlic etc. to side of wok and cook egg
7. Add day old rice and mix
8. Add soy sauce around rim of wok
9. Add MSG and white pepper
10. Toss ingredients until well mixed and hot
11. Serve with spring onion and chilli garnish