



National Fried Rice Day - Tuesday, September 20, 2022

Kasai Japanese Steakhouse – Scottsdale, Arizona – Visit: KasaiTeppan.com

Prepared by: Executive Chef Martin Kucera and Teppan Chef Jesse Sosa

VEGETABLE FRIED RICE

- **Ingredients** for 7 cups: 2-4 people
 - Cooked rice – 4 cups
 - Vegetables: Be sure to wash
 - Carrots – 3 oz julienned or chopped
 - Frozen Corn Kernels – 2 oz
 - Zucchini – 3 oz halved and sliced into ¼ inch (thin sliced) half moon slices
 - Brown / Sweet Onion – 2 oz chopped
 - Snap Peas – 3 oz julienned or chopped
 - Baby Bok Choy – 3 oz quartered (cut tips of leaves off, these tend to be bitter, and cut of ½-1 inch of base. Discard both).
 - Scallions / Green Onions – 1 oz chopped
 - Eggs – 2
 - Vegetable Oil – 1 tablespoon
 - Soy Sauce – 2 tablespoons
 - Salt, Pepper

- **Tools**
 - Choose: Wok, a deep and wide pan, or griddle / flattop
 - Wooden spoon / wooden paddle
 - Measuring cups
 - Measuring spoons
 - Serving dish for 6 cups of product
 - Straight Edge Knife / Chef Knife
 - Cutting Board

- **Recipe**
 - Heat wok or pan to medium high / 400°f
 - Add oil and spread around pan
 - Add eggs and stir eggs until they hold together.
 - Should look like an undercooked / soft scramble
 - Add corn, carrots, onion, snap peas, baby bok choy, zucchini to the pan
 - Add salt and pepper to taste
 - Continuously toss / stir vegetables until half done (aka al dente) for 4-5 minutes
 - Add rice to egg and vegetable mix and toss / stir for 3-4 minutes
 - Add soy sauce and continue to toss for about 2-3 minutes
 - Add scallions/green onions
 - Remove from heat, Plate, Serve, Enjoy

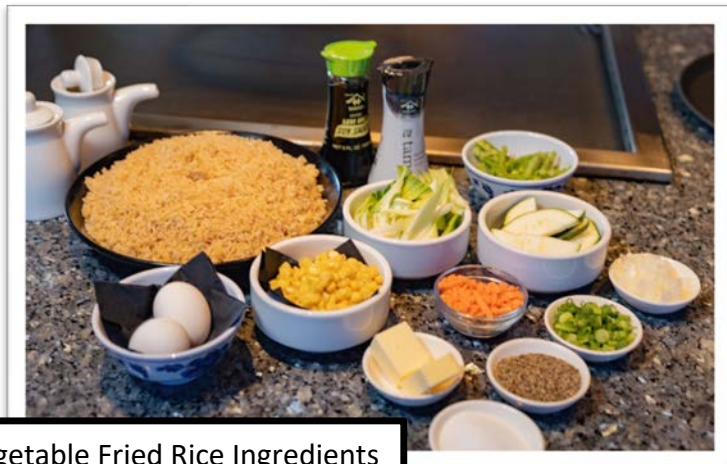
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VEGETABLE FRIED RICE – PAGE 2



Vegetable Fried Rice Ingredients



Chef Jesse Sosa Cooking the Vegetables



Salt & Pepper to Taste



Vegetable Fried Rice