

SPAM FRIED RICE

I really need to do a better job of documenting when I have an idea. I actually have a note book specifically designate for food ideas, but I don't know where I put it. Anyways, I am not quite sure where this one came from either. It was most likely a random YouTube video on fried rice which I saw and said, "Hey! I can put SPAM in that". I know I have been gathering fried rice videos for a while. I think I am pretty much there, although there may be a bit of tweaking here and there later

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
3	Cups	Cooked Basmati
AR	-----	Kosher salt
1	TBSP	Unsalted Butter
AR	-----	Grapeseed oil
1	12 oz. can	SPAM Original
1/2	Cup	Frozen Corn
1/2	Cup	Frozen Peas
1/2	Cup	Frozen Diced Carrots
3	Cloves	Garlic
3	TBSP	Refined Sesame Seed Oil
1	TSP	Toasted Sesame Seed Oil
1 2/3	TBSP	Soy Sauce
1	TSP	Fish Sauce
1	TBSP	Rice Wine Vinegar

OK... about the rice. First, notice I said "cooked". You need enough uncooked rice to make what the package says will make 3 cups of cooked rice. Second, notice I said "basmati". I like basmati, but you'll probably see all sorts of different recommendations

Insert standard disclaimer about salted vs unsalted butter here

No grapeseed oil? Any other neutral oil with a high smoke point will due

Yes, you need both the refined and toasted sesame seed oils. The refined is used for frying the rice, the toasted is used for post cooking flavoring. DO NOT SWAP THEM!!!

If you want less salt, use lite soy sauce. By the way 1 2/3 TBSP = 1 TBSP + 2 TSP

SPECIAL TOOLS

- NONE!!!
- Well, none, unless you don't have a kitchen scale

PREPARATION

THE RICE [I]

- 1) Place a measuring cup on a kitchen scale and zero the weight
- 2) Measure out 1 cup of uncooked rice and record the weight
- 3) Rinse the rice [ii]
 - a. Cover the rice to at least twice its height with water in a 3 or 4 quart pot
 - b. Swirl around and massage with your hand
 - c. Drain the water
 - d. Repeat until the water runs clear or 5 times, whichever comes first
- 4) Place a measuring cup on a kitchen scale and zero the weight
- 5) Place the rinsed rice in the measuring cup and record the weight
- 6) Calculate the weight of the water in the rinsed rice by subtracting the weight from step 2 from the weight from step 5
- 7) Place a measuring cup on a kitchen scale and zero the weight
- 8) Measure out the recommend water from the rice cooking instructions
- 9) Remove the amount of water from step 6
- 10) Put water, and the recommended amount of salt, in a 3 or 4 quart pot and bring to a boil
- 11) Add the rice, reduce heat to VERY low, and cover
- 12) Heat, stirring occasionally, until water is full absorbed [iii]
- 13) Remove from heat
- 14) Add the recommended amount of butter (unsalted) and gently fold in until it melts and is thoroughly distributed
- 15) Let sit uncovered for at least 5 minutes
- 16) Fluff and spread the rice on a $\frac{1}{4}$ sheet pan and put in the fridge overnight [iv]

THE OTHER STUFF

- 1) Heat cast iron pan on HI
- 2) Dice the SPAM
- 3) Apply a light coating of grapeseed oil to the cast iron pan
- 4) Add the SPAM
- 5) Cook SPAM, stirring occasionally, until nicely browned on all sides. DON'T LET IT BURN!
- 6) Remove the SPAM and set aside
- 7) Measure out $\frac{1}{2}$ cups of the frozen corn, peas, and carrots
- 8) Measure out 3 cups of the cooked rice from the $\frac{1}{4}$ sheet pan in the fridge
- 9) Peel and mince the garlic
- 10) Add 3 TBSP of REFINED sesame oil to the cast iron pan
- 11) Add the garlic to the pan. Let it brown a tad, but by no means let it burn
- 12) Add the rice to the cast iron pan and stir
- 13) Cook the rice, stirring frequently, until you notice a slight texture change; a handful of minutes [v]
- 14) Add the SPAM back in and stir until evenly incorporated
- 15) Add the corn, peas, and carrots and stir until evenly incorporated

- 16) Add the soy sauce and stir
- 17) Add the fish sauce and stir
- 18) Add the rice wine vinegar and stir
- 19) Add the TOASTED sesame seed oil and stir
- 20) Remove heat and let sit for at least 5 minutes
- 21) Plate
- 22) ENJOY!!!

NOTES

- i. This is what I did for the rice I used. It may vary depending on the rice you use, so when in doubt, go by the instructions on the package. If they offer a “drier” version of the recipe, use that one. You’ll eventually figure out a brand of rice you like along with the wetness of the rice you like
- ii. There are many different ways of doing this, so do what works for you! Some will argue that this does not do anything significant, but it works for me
- iii. The cook time will depend on your rice, but for the stuff I use, it is generally in the ballpark of 20 minutes
- iv. If you can’t wait for the next day, at least give it an hour
- v. Want crunchier rice? Cook it a bit longer. Want less crunchy rice? Cook it until just heated

PICTURES

No pictures yet!!!