

SPAMIYAKI

This came out of OMDiyaki wings. In fact, you have to make OMDiyaki wings to make this! But this is a GREAT meal prep meal. I wasn't sure I'd be able to get the broccoli just like I wanted it, but once again, blanching saved the day!

INGREDIENTS

Qty.	Unit	Item
1/2	-----	Juice and Solids from OMDiyaki Wings
~2	lb	Broccoli Crowns
175	ml	Basmati
1	TBSP	Land o' Lakes Salted Butter
1	12 oz Can	SPAM with Less Sodium
AR	-----	Grapeseed Oil

The juice and solids from OMDiyaki wings should be about 2 cups total

This works out to 3 decent size broccoli crowns, but don't worry about getting it exact. Somewhere thereabouts is just fine

175 ml is the size of my rice cooker cup

If you don't have or like Basmati (HOW CAN YOU NOT LIKE BASMATI?!?!?!?), any medium to long grain white rice should work

Insert standard blurb about salted butter here.

Yes, I think it does need to be the SPAM with Less Sodium. There is already a decent amount of salt in the other ingredients already

SPECIAL TOOLS

- Rice cooker [iii]

PREPARATION

- 1) Rinse the rice [i]
 - a. Add rice to a pot and cover with 2 – 3 times its height with water
 - b. Swirl and gently massage the rice
 - c. Dump out water
 - d. Repeat steps 1a and 1c five times or until the water runs clear
- 2) Add the rice to the rice pot and fill to the 1 cup line
- 3) Set rice cooker to normal / regular [ii]

- 4) Add enough grapeseed oil to coat the bottom of the cast iron pan and heat on mediumish
- 5) Dice the can of SPAM and add to the cast iron pan
- 6) Cook, stirring occasionally, until nicely browned
- 7) Fill a 7 qt pot about half way with water and heat to boil
- 8) Rinse the broccoli crowns in a colander and drain
- 9) Cut the crowns into slightly larger than bite sized pieces
- 10) Pour (or most likely scoop) the juice and solids from OMDiyaki wings into a sauce pot and heat on VERY low. The goal is to heat the sauce, not reduce it
- 11) Blanch the broccoli in small batches for 2 min
- 12) Place blanched broccoli in colander
- 13) Repeat steps 11 – 12 for the rest of the broccoli
- 14) Once all broccoli is blanched, remove the pot of water from heat
- 15) When it has cooled enough, dump the water
- 16) When the rice cooker is done, add the butter. Close the lid and let the butter melt completely
- 17) Once the butter has melted, stir with a wood spoon until well incorporated
- 18) Set the 7 qt pot back on heat to the lowest heat possible
- 19) Put the SPAM the and OMDiyaki juice and solids into the pot and stir until well incorporated
- 20) Add the broccoli and stir GENTLY until well incorporated
- 21) GENTLY stir in the rice a little at time until well incorporated
- 22) Let heat for 10 minutes, stirring GENTLY occasionally
- 23) If you want it a bit less liquidy, go for another few minutes
- 24) Plate
- 25) ENJOY!!!

CLOSING THOUGHTS

I like this one. I really wanted the broccoli to be crispy to the point of being raw, but blanching it for 2 minutes wound up being much better. Still crispy, but not raw and had a really NICE bright green color. I am still amazed by how blanching works!

20220129 (Saturday): From rinsing the rice to the end of step 22, just under 1 ½ hours. Darn... I thought that this was going to be one of the quicker ones. Well... actually, it was! This one works really well for meal prep

NOTES

- i. You can skip this step if you are in a hurry. I think it makes a difference, but I don't know if I could tell the difference in a blind taste test
- ii. Mine takes about 43 minutes on this setting
- iii. If you don't have a rice cooker, you REALLY need to get one!

PICTURES
