

STEAK FRIED RICE

Yes, another fried rice recipe. It seems this and jalapeno poppers are my current muses. I think this will be another one which I will obsess about and continue to research.

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	-----	London Broil / Top Round / Eye of Round, etc
2	Cups	Diced Dave's Salad #001
3	Cups	Cooked Basmati
AR	-----	Morton's Kosher salt
1	TBSP	Unsalted Butter
AR	-----	Grapeseed oil
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

I wanted a cut of beef with not too high of a fat content. London broil, etc are perfect for this. This last go around, I used an Eye of Round Roast. Tasty!!!

The "Dave's Salad #001" uses green onions. If you want a bit more bite, dice the uncooked veggies from "The Stop Light Quintology"; it has red onion in it!

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

Why specifically Morton's? Different salts have different weights per volume. If you use something different, make sure you adjust the number of tablespoons accordingly. Samin Nosrat's book, [Salt Fat Acid Heat](#), has a good conversion table on this

Insert standard disclaimer about salted vs unsalted butter here

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

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 !!!

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 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) Drain the rinsed rice through a metal strainer into a 1 quart measuring cup and cover with a saucer
- 5) Add 2 quarts water to the 4 quart pot
- 6) Add 2 TBSP Morton's Kosher Salt to the water
- 7) Heat water on HI until you achieve a nice rolling boil
- 8) Add the rice and set timer to 8 minutes [vi]
- 9) Immediately reduce the heat to low and drain the rice evenly through two metal strainers into two 1 quart measuring cups. DO NOT cover these with saucers
- 10) Melt 1 TBSP butter in the pot
- 11) Once the butter has melted, add the rice and **GENTLY** fold in the butter until well incorporated
- 12) Let sit uncovered for at least 5 minutes
- 13) Fluff and spread the rice on a ¼ sheet pan and put in the fridge overnight [iv]

THE MEAT

- 1) Heat your trusty cast iron pan on VERY HI until rippin' hot (about 5 – 10 minutes) [vii]
- 2) Oil the pan with grapeseed oil and wipe away excess
- 3) Pull the beef from the fridge
- 4) Slice away any silver skin and excess fat then pat dry
- 5) Slice the beef in half with the grain
- 6) Apply oil all over both pieces of beef and set one aside
- 7) Sear the steak 15 seconds
- 8) Flip and sear for 15 seconds
- 9) Repeat steps 7 and 8 until you have a nice crust
- 10) Sear the edge of the steak 15 seconds
- 11) Flip to the next edge and sear for 15 seconds
- 12) Repeat steps 10 and 11 for all edges, except for the cut side, until you have a nice crust
- 13) Repeat steps 7 – 12 for the second half of the beef

- 14) Slice the beef into ~1/4 slices parallel to the first cut
- 15) Sear the slices in batches (DON'T CROWD) flipping every 15 seconds until you have a nice crust. De-gunk the pan and add oil as necessary
- 16) Let the slices cool until handleable
- 17) Dice the beef slices into 1/4 cubes
- 18) Add grapeseed oil to the pan as required and sear the steak cubes in batches, stirring frequently, until you get a nice crust on all sides. This should not take too long, maybe 1-3 minutes. Give them a nice crust, but DON'T LET THEM BURN!!!
- 19) Measure out 2 cups of the diced steak and set aside. Put the rest in a Tupperware container in the fridge

PUTTING IT ALL TOGETHER

- 1) De-gunk the pan, add grapeseed oil, and wipe away excess
- 2) Add 3 TBSP of REFINED sesame oil to the cast iron pan
- 3) Add the rice to the cast iron pan and stir [viii]
- 4) Cook the rice, stirring frequently, until you notice a slight texture change; a handful of minutes, maybe less [v]
- 5) Add the beef back in and stir until evenly incorporated
- 6) Add the veggies
- 7) Add the soy sauce and stir
- 8) Add the fish sauce and stir
- 9) Add the rice wine vinegar and stir
- 10) Add the TOASTED sesame seed oil and stir
- 11) Remove heat and let sit for at least 5 minutes
- 12) Plate
- 13) ENJOY!!!

NOTES

- i. This is what I did for the rice I used. This was also the second time I used the "spaghetti method" for rice, and WOW did it work great for this
- 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 Carolina Basmati I used for this round, 8 minutes was pretty good.
- 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
- vi. 8 minutes is what worked for me for the brand of rice I used. Start checking around the 5 minute mark and taste for doneness
- vii. Make sure your exhaust fans are on and windows are open (if possible)
- viii. This will spatter and pop, so make sure you have a spatter screen close by!

PICTURES

No pictures yet!!!