

Japanese-Style Fried Brown Rice

Swick

Makes 2 to 3 cups | Active Time: 20 minutes | Total Time: 20 minutes

Step 1: Gathering & Preparing Your Mise en Place

- 2 cups cooked short-grain brown rice, cooled
- 7 green onions, thinly sliced on the diagonal
- 2 to 3 chiles de árbol*
- 2 tbsp pine nuts, raw

To start, prepare all of your mise en place, including the cooking of the rice.

*Note: To prepare the chiles de árbol, first rehydrate the chilies in hot water for 10 to 15 minutes, or until soft. Drain the chilies and slice into thin rounds. Depending on how hot you like your food, you may only want to use 2 chilies; however, this dish is nice with a bit of extra heat from the 3 chilies.

Step 2: Cooking the Dish

- 1 1/2 tbsp sesame oil
- 1 tbsp soy sauce

To cook the dish, heat a wok over high heat. Once hot, add the sesame oil, followed by the pine nuts. Quickly toss the nuts in the oil for about 10 seconds—they should just start to take on a nice golden color. Then add the chiles de árbol, followed by the rice. Stir-fry for 2 or 3 minutes, or until the rice has fully heated through.

Lastly, add the green onions and soy sauce and cook for another minute or so. Taste for seasoning.

Serve as a side, or as a simple, yet satisfying snack.

Chef's Notes

Here is a bit more information on Chiles de Arbol. One of the great things about chiles de árbol is that they do not just add heat to a dish, they also add a nice flavor. The heat from chiles de árbol also seems to dissipate quite quickly.

This recipe is inspired by the Japanese written cookbook, Saisai Gohan by Yumiko Kanou.