

Fried Brown Rice

Swick

Serves 4 to 6 | Active Time: 30 minutes | Total Time: 1 hour

Step 1: Cooking the Brown Rice

- 2 cups short grain brown rice*
- 3 to 12 cups water (depending on cooking method)
- 1 tsp sea salt, to taste

Note: For the brown rice, either long or short can be used, we just like using short grain. Also, note that quinoa or even white rice can be used to make this dish.

The important thing is to cook whatever grain you are using ahead of time so that it has time to completely cool before frying.

The amount of liquid depends on the type of grain used and which cooking method you are using — steaming or boiling. For steamed short grain brown rice, it is generally 2 to 1, unless the rice has been soaked for an extended period of time, in that case, it is typically a 1.5 to 1 ratio.

To prepare the rice, rinse well and then soak overnight (or for a few hours). Alternatively, the rice can be cooked immediately. Just note that it will take longer to cook and you will need more liquid.

If steaming, cook the rice for 30 to 45 mins, or until it is just cooked through but still has a tiny bit of a bite to it. Once done, fluff with a fork and let sit for 5 to 10 minutes, covered.

To boil the rice, which is how we did it for this recipe, in a large pot, bring about 12 cups of water to a boil. Once the water comes to a boil, add the salt, followed by the rice. Stir the rice until it comes back up to a boil and then continue to boil the rice for approximately 20 to 30 minutes or, like the steaming method, it just has a tiny bit of a bite to it. Once done, strain the rice and let drain for about 10 seconds and then return to the pot and immediately cover with a lid. Let the rice sit and continue to steam for 10 minutes.

At this point — no matter which method you used — pour the rice out onto a tray and let cool. Once cooled, place into the refrigerator to cool completely. The cooking and cooling of the rice can be done well in advance.

Step 2: Preparing & Baking the Tofu

- 1 - 350 gr pkg extra firm tofu
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 2 tsp soy sauce
- 1/2 tsp toasted sesame oil
- 1 tbsp oil, such as peanut or avocado
- 2 to 3 tsp hot sauce, or to taste*
- sea salt, to taste
- freshly ground black pepper, to taste

To start, first, preheat the oven to 375°F (190°C).

To prepare the tofu, cut the block of tofu into 1" dice pieces and place into a bowl.

Next, add the seasonings, oils, and hot sauce and toss to coat the tofu.

Note: For the hot sauce, almost any type of hot sauce can be used — something like sambal oelek and/or gochujang sauce work well with this recipe.

Lastly, taste a piece of tofu for seasoning — adjusting it to suit your tastes.

To bake the tofu, place onto a parchment lined baking tray and bake for 15 to 25 minutes, or until it starts to turn crisp up and turn a nice golden reddish color. Alternatively, the tofu can be fried in a pan.

Once done, remove from the oven and set aside.

Step 3: Preparing Your Mise en Place

- 2 cups sm diced onion
- 1 cup sm diced carrots
- 1 cup sm diced celery
- 1 1/2 cups peas (frozen or fresh)
- 3/4 cup chopped green onion
- 2 tbsp minced garlic
- 1 tbsp minced ginger
- 1 sm serrano pepper, or to taste

For the vegetables and seasonings, feel free to experiment with the amounts and/or the types of vegetables used — we just happen to like this particular mix.

Step 4: Cooking & Finishing the Rice

- 1 to 2 tbsp oil
- 2 tbsp peanut butter
- 2 tbsp hot water
- 2 tbsp soy sauce

Before you start cooking, whisk together the peanut butter and hot water and then add the soy sauce and then set the sauce aside.

To cook the rice, heat a large frypan or wok over medium-high heat. Once hot, add the oil, followed by the onions.

Let the onions cook for a minute or so and then add the carrots. Let cook for another minute or so and then add the celery.

Allow the vegetables to cook for a few minutes, until the onions are somewhat translucent and the vegetables have started to soften.

Next, add the garlic, ginger, and serrano peppers and let cook for a minute or so. If needed, add a touch more oil to ensure the garlic does not burn.

Next, add the rice and toss to combine with the vegetables. Stir frequently to prevent the mixture from sticking and/or burning. Once the rice has heated through and started to take on a bit of color, add the sauce and toss to coat the rice and vegetables.

Lastly, add the tofu, peas and green onions and toss to coat with the rest of the ingredients. Taste for seasoning, add a touch of salt, pepper, soy sauce and/or hot sauce as desired.

Continue to gently stir the ingredients together until everything has heated through and then serve immediately.

Chef's Notes

Leftovers of this rice are great the next day — either hot or cold. Any leftovers will keep for several days in the refrigerator.