

Ginger Fried Rice

Delicious and satisfying, yet quick and easy, this dish is a good way to use leftover cooked rice. It goes well accompanied by a bean soup and a side dish of steamed greens.

Heat the oil in a frying pan over medium heat, add the mushrooms, then the carrots, and toss in the salt. Add the mirin and sauté briefly. Add the green onions and sauté for 5 minutes (carrots should still be a little crunchy, but not raw tasting). Lower heat, add shoyu and ginger, and toss. Add rice, breaking up clumps with the side of a wooden spoon. Mix thoroughly, cover, and cook for 1-2 minutes more.

Preparation List:

Serves 2

- 1 tbsp toasted sesame oil
- 4 shiitake or other variety of mushrooms
- 1 small carrot, cut julienne
- small pinch of sea salt
- 1 tbsp mirin (optional)
- 4 green onions, sliced into ½-inch lengths
- 1 tsp shoyu (soy sauce)
- ¾-inch section fresh ginger root, peeled and finely minced
- 2 cups cooked brown or white rice