

Peppery Vegetarian Rice

From “Stir-Frying to the Sky’s Edge: The Ultimate Guide to Mastery, With Authentic Recipes and Stories,” by Grace Young (Simon & Schuster, 2010).

1 cup brown rice

2 teaspoons plus 2 tablespoons peanut or vegetable oil

2 large eggs, beaten

2 tablespoons minced ginger

1/4 teaspoon red pepper flakes

1 cup 1/4-inch diced carrots

4 ounces fresh shiitake mushrooms, cut into 1/4-inch dice (2 1/3 cups)

1/2 cup vegetable broth

1/2 cup chopped scallions

1/4 cup pine nuts, toasted

2 tablespoons soy sauce

1/2 teaspoon salt

1/4 teaspoon ground white pepper

PUT rice in a 1-quart saucepan and wash in several changes of cold water until the water runs clear. Drain and level the rice. Add 2 cups cold water. Bring water to a boil uncovered over high heat. Reduce heat to medium, and simmer the rice until most of the water has evaporated and little craters appear on the surface, about 4 to 5 minutes. Reduce heat to low, cover and simmer 10 minutes or until the liquid is absorbed. Turn off the heat and let stand 5 minutes. Fluff rice, cover and allow to cool completely before refrigerating. (This is best done the day before.)

HEAT a 14-inch flat-bottomed wok over high heat when ready to stir-fry the rice. When a bead of water vaporizes within 1 to 2 seconds of contact, swirl in 2 teaspoons of oil, making sure the bottom of the wok is completely coated in oil. Add eggs and cook 30 seconds to 1 minute, tilting the pan so that the egg covers the surface as thinly as possible to make a pancake. When the bottom is just beginning to brown and the pancake is just set, use a metal spatula to flip the pancake and allow it to set, about 5 seconds. Transfer to a cutting board. Cool, then cut the pancake into bite-sized pieces.

SWIRL 1 tablespoon of the remaining oil into the wok, add ginger and red pepper flakes, then, using a metal spatula, stir-fry 10 seconds or until the ginger is fragrant. Add carrots and mushrooms and stir-fry 30 seconds or until the oil is absorbed. Swirl the broth into the wok and stir-fry 1 minute or until almost all the broth has evaporated. Swirl in the remaining 1 tablespoon oil, add the scallions and rice, and stir-fry 2 to 3 minutes, breaking up the rice with the spatula until it is heated through. Add pine nuts and soy sauce, sprinkle on the salt, pepper and the reserved egg pieces, and toss to combine.

Serves 2-3 as a main dish, or 4 as part of multicourse meal