

The Limehouse Restaurant Recipes
by Kwan Y. Jung, 1988

(1) Special Fried Rice

1 quart of steamed rice
1/2 cup cooked small baby shrimp
1/2 cup BBQ pork, diced
1/2 cup cooked chicken meat, diced
1 teaspoon soy sauce
2 eggs
1/2 cup bean sprouts
1/2 green onion, finely chopped
1/3 cup oil
1/3 teaspoon salt
Drops of sesame oil
1/3 cup soup stock

1. Pick off the roots and heads of the bean sprouts. Grease wok with oil and sprinkle a little bit of salt into the wok. Stir fry bean sprouts for a half minute. Set aside.
2. Heat oil in the wok and break in the eggs. Stir eggs to scramble. When eggs are fully cooked add meats, rice and soy sauce.
3. Stir fry until rice is lightly brown, then add the salt, bean sprouts, and sesame oil. Add the soup stock while stirring rice.
4. Turn the heat to middle and maintaining the rice is heated slowly to hot, but not to burn. Rice should be moist, but not wet. Lastly, when the rice is hot, then add the green onions. Mix and serve.

Kwan's comment: The bean sprouts cooked without the ends would look nice in a dish. Most of the restaurants in Hong Kong would prepare the bean sprouts this way, especially for the chou mein menu.