

Abuelo's Arroz Frito

Description

Abuelo (Papaito) made this dish frequently.

Summary

Yield: 4

Source: Magali Leiseca

Prep Time: 5 minutes

Ingredients

- 3 cups long grain white rice
- 3 cups water
- 3 tbsps oil
- 3 tsps salt
- 6 whole eggs
- 2 bunches scallions, thinly sliced
- 1 lb smoked meat cut into bite-sized pieces
- soy sauce, 3 to 4 tablespoons
- 3 tbsps light oil
- 1 tbsp fresh ginger, minced

Instructions

Rinse the rice under cold running water until the water runs clear. Drain. Add the rice to a heavy bottomed pot with the water, salt and oil. Bring to a boil, cover and reduce heat to a simmer. Do not open the lid. Check after 15 to 20 minutes for doneness.

Make 6 individual thin omelets and cut them into strips.

In a wok, heat another 3 tablespoons of oil. Add the garlic and brown. Remove the garlic and add the rice to the wok. Stir over medium-high heat. Add the omelette strips, meat, soy sauce and ginger. Adjust seasoning.

