

Maine Arts Camp

Recipe: Vegetarian Fried Rice

Chef: Charlie Limoggio CEC

Servings: 4

Quantity	Unit	Ingredient	Prep Notes
12	Ounces	Firm tofu	Drained well
3	Tablespoons	Toasted sesame oil	Divided
2	Large	Eggs	Beaten
1	Cup	Sliced mushrooms	
½	Cup	Thinly sliced green onions	(scallions)
3	Cups	Cooked rice	Chilled
¼	Cup	Soy	sauce

1. Thinly slice tofu into bite-sized strips; set aside.
2. In a large skillet or wok add sesame oil
3. Cook eggs in 1 tablespoon oil for 2 minutes or until set; remove and set aside.
4. Add 1 tablespoon sesame oil to skillet. Stir-fry the tofu till browned; remove.. Add the remaining oil to skillet; stir-fry mushrooms and onion 1 minutes or until tender. Stir in egg, tofu and rice; cook 2 minutes, stirring gently. Pour soy sauce over tofu-rice mixture; cook 3 minutes more or until heated through.

*** We used an Asian seasoned tofu product that was very good

Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.