

# Maine Arts Camp

Recipe: Thai Pineapple Fried Rice

Chef: Charlie Limoggio CEC

Servings: 4

Quantity	Unit	Ingredient	Prep Notes
4	Tablespoons	Peanut oil	Or vegetable oil
1	Medium	Yellow onion	Chopped fine
3	Teaspoons	Minced fresh garlic	
1	Cup	Chopped carrots	About the size of a pea
1	Cup	Chopped green beans	About the size of a pea
1	Cup	Pineapple chunks	
3	Cups	Cold cooked rice	Day old works well
1	Tablespoon	Ketchup	
1	Teaspoon	Kosher salt	
1	Medium	Cucumber	Sliced thin
4	Tablespoons	Green onion	Sliced thin
1	Bunch	Cilantro	Stemmed & chopped

1. In a wok, heat the oil over medium heat and stir-fry the onion and garlic until golden brown. Add the carrots and green beans and stir-fry for 2 minutes longer
2. Add the pineapple, rice, ketchup and salt. Mix well and stir-fry for another 3 minutes.
3. Arrange the cucumber around the serving platter. Pour the rice into the center. Garnish with green onion and fresh cilantro leaves.

**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.**