



Chicken Fried Rice for the Rabbi

When American cookbook writer Betty Goldberg discovered the diversity of Chinese cooking, she noticed that Chinese dishes could be quickly turned into kosher meals with just a few changes.

Milk, cheese, butter, and other dairy products are hardly ever used, which means it is easy to keep dairy and meat products apart in cooking. Although the Chinese eat a great deal of pork and also lobster and shrimp in coastal areas, such ingredients are easy to replace with kosher meat and kosher fish filets.

Betty Goldberg prepared this fast dish one night after spontaneously inviting the rabbi for dinner.

For 4 servings:

- ¼ cup (60 ml) peanut, corn, or other oil
- 6 cups (800 g) cold cooked rice
- ¼ cup (60 ml) soy sauce
- 1 teaspoon sugar
- 2 cups (400 g) cooked chicken shreds
- 4 scallions (white and crisp green parts), chopped

Instructions:

In a wok or a 12-inch skillet, heat the oil until it is moderately hot (350 to 375 degrees F). Add the cold cooked rice and stir immediately and rapidly to prevent sticking and keep the grains of rice separated.

Sprinkle on the soy sauce and sugar, mix well, then add the cooked chicken shreds. Mix in the chicken and toss the contents of the pan until everything is hot.

Transfer the fried rice to a platter, sprinkle with scallions, and serve!

