

Pineapple fried rice recipe (from Meghan A.)

Ok here's the recipe as I remember: (2 servings, double recipe for four)

Before pan frying prepare 3 cups rice and let cool

Prepare pineapple by cutting opposing edges off close to the surface. Then take a knife and cut out the meat inside. Chef pat used the core and cut this into one by one inch pieces. I set this aside in a bowl.

(If you are using canned pineapple make sure to drain it.)

Chop two cloves of garlic and half a red pepper. Red pepper should be diced. Put in a small bowl,

5 shrimp. Remove shells and butterfly. Put in small bowl

(If not using shrimp, can use chicken (I precooked) or tofu

Place rice in large bowl

Cut up one hot dog diagonally and place in large bowl

Place 1/4 cup diced ham in large bowl

Raisins in bowl. Can add what you like but a few tablespoons

One tablespoon curry powder in large bowl

Two tablespoons of soy sauce in large bowl

Ok, now you are ready to fry. Large wok. High heat. Couple tablespoons in the pan until it is hot. Then small bowl goes in. Be careful it doesn't sizzle on you! Cook it up and watch the shrimp. When almost done, add large bowl.

Turn heat to medium.

Continue to toss and if needed use a fork to break up the rice. You don't want it to stick together. Stir continuously. Next you will add the pineapple and continue to stir. You want to cook until the pineapple is at a consistency you like. If the rice is sticking or burning, you should turn down to low.

After a while, if you'd like egg, create a hole in the middle and make the rice a nest. Scramble the egg, then incorporate the egg into the rice. Chef pat also mentioned frying an egg and putting on the top.

Stir the whole thing and now you taste. If more salt needed, add soy sauce... or fish sauce. Add black pepper. Finally add one teaspoon brown or white sugar to taste.

Place rice mixture into your pineapple shell and serve with roasted cashews, cilantro, and thinly sliced jerky on top.

Let me know if I forgot anything!

