

# Curry Fried Rice



## *Repurposing Leftover White Rice into a Fantastic Fried Rice Dish!*

BY ANDREW M. MALEC

**D**o you ever have leftover rice from Chinese takeout? Are you one of those people that stares at the container of leftover rice in the refrigerator until you throw it out? Well, good news! Leftover rice is perfect for making fried rice. The reason leftover rice works so well is because refrigerating the rice allows the grains of rice to dry out so that they will not stick to each other when stir-frying the rice, which provides a great texture for fried rice.

I recently ordered some Chinese food and wound up with a quart of leftover white rice. So, I decided to make a curry fried rice. This dish is great to make because it is quick and it allows you to clean-out your refrigerator and use what you have on hand. Since I am continuing to have an abundance of eggplant, basil, and Thai red chilis from my garden, I decided to use these fresh ingredients, along with the addition of some yellow curry powder, turmeric, onion, carrot, pineapple, cashews, and eggs.

The sweetness from the carrot, pineapple, and cashews provides a nice contrasting flavor against the spiciness of the yellow curry and earthy undertone of the turmeric. And the addition of the onion, as well as the cashews, provides a nice crunchy texture to the dish. Adding fresh sliced Thai red chili and torn basil leaves provides an additional level of fruity spiciness and herbaceous finish to the dish.

This is a fantastic meal to make and a great utilization of leftover white rice. If you are so inclined, please give this a try. Enjoy!

### INGREDIENTS

*1 qt. of cold, refrigerated white rice*  
*2 tbsp. refined, coconut oil*  
*4 tbsp. of yellow curry powder*  
*1 tsp. of turmeric powder*  
*1 Japanese eggplant, diced (can also substitute Thai eggplant)*  
*1 medium onion, diced*  
*1 large carrot, diced*  
*½ cup of cashews*  
*½ cup of sliced pineapple (cut into chunks)*  
*2 eggs, beaten*  
*1 Thai red chili, sliced (can also substitute ground chili or hot pepper seeds to your desired level of spiciness)*  
*½ cup of basil leaves*  
*Salt to taste*

### INSTRUCTIONS

#### Fried Rice:

- ◆ Heat two tablespoons of refined coconut oil in a wok over medium-high heat (can also use a deep pot if you do not have a wok).
- ◆ Add the rice and stir-fry while breaking-up the rice over high heat for about three minutes (until the rice becomes loose and workable).
- ◆ Add the salt, curry powder, and turmeric, and stir-fry for another two minutes.
- ◆ Add the vegetables, cashews, and pineapple, and stir-fry for another three minutes.

- ◆ Move the rice to one side of the wok, then add the beaten eggs to the other side of the wok. Let the eggs sit in the wok for about one minute, then move the rice over the eggs for another 20 to 30 seconds (not disturbing the eggs).
- ◆ Continue to stir-fry while now breaking the scrambled eggs into pieces and incorporating throughout the dish.
- ◆ Turn off the heat, add the basil leaves, stir, and allow the basil leaves to wilt.
- ◆ Plate and top the fried rice with fresh sliced Thai red chili.

#### Notes:

- ◆ The ingredient measurements are for guidance purposes only. I rarely measure when I cook.
- ◆ I made a quick fried rice and added eggs and cashews for protein. However, you could certainly add other proteins to the dish (e.g., chicken, beef, pork, shrimp, tofu, etc.).
- ◆ This dish is very versatile. You can use other vegetables of your liking (e.g., peas, baby corn, bamboo shoots, mushrooms, etc.).
- ◆ I like a strong curry flavor. However, you can adjust the amount of yellow curry powder and turmeric to your level of taste.



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