

Beef Fried Rice (for 4)

Recipe Cookbook: Food and Wine Quick from Scratch

Chapter: One-Dish Meals

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Prep Time: 10 minutes

Cooking Time: 19 minutes

INGREDIENTS:

3/4 lb sirloin steak, cut into 1/2-inch cubes

3 TBS + 1 tsp soy sauce

2 tsp Asian sesame oil, plus a few drops dried red pepper flakes

1 1/2 C long grain rice

1 bunch watercress (about 5 ounces), tough stems removed

1 egg, beaten to mix

3 TBS cooking oil

2 scallions, including green tops, chopped

DIRECTIONS:

In medium bowl, combine sirloin with 1 TBS soy sauce, 1 tsp sesame oil + a pinch of red-pepper flakes. Bring medium pot of salted water to boil. Stir in rice & boil till just done (about 10 minutes). Drain rice & return to pot.

Meanwhile, heat a large nonstick frying pan over moderately high heat. Put beef mixture in pan & cook, stirring occasionally, til browned & just cooked (1-2 minutes). Remove. Put watercress & tsp soy sauce in pan - cook till watercress is just wilted (about 30 seconds). Remove.

Reduce heat to moderate. Put a few drops of sesame oil in frying pan. Add egg to pan & cook till just done (about 30 seconds). Remove from pan & cut into thin strips.

Heat cooking oil in pan over moderately high heat. Add scallions & 1/8 tsp red-pepper flakes & cook 1 minute, stirring. Add cooked rice to pan & heat 3 minutes, stirring. Add remaining 2 TBS soy sauce, beef, watercress & egg. Heat, stirring, 1-2 minutes longer. Drizzle remaining tsp sesame oil over top.