

Thai Fried Rice and Egg

Adapted From A Recipe by Shelia Lukins

Servings: 6



Shelia Lukins says, the fried rice's of Thailand do not seem as oily as those from our favorite Chinese restaurants. Instead they are a bit smokier and denser in flavor. I've used brown rice and smoky bacon to create this effect. The rice is spiced with ginger and garlic and refreshed with cucumbers and crispy bean sprouts. Serve in large shallow bowls with a fried egg atop for a rich and satisfying luncheon or supper dish.

Ingredients

2³/₄ cups Chicken Broth
4 cloves garlic, lightly bruised and peeled
1 cup long-grain brown rice
4 ounces thinly sliced bacon, coarsely shredded
1 pound large shrimp, peeled, deveined, and halved crosswise
2 tablespoons vegetable oil
2/3 cup coarsely chopped shallots (about 3 large)
2 tablespoons minced peeled fresh ginger
2 tablespoons minced garlic
1 cup peeled, seeded, and diced (1/4 inch) cucumber
8 ounces fresh bean sprouts
4 tablespoons snipped fresh chives
4 tablespoons (1/2 stick) unsalted butter
6 large eggs
6 whole chives, for garnish

Cooking Method

Place 2½ cups of the chicken broth in a medium-size saucepan.

1. Add the garlic cloves and bring to a boil.
2. Stir in the rice, reduce the heat, and simmer, tightly covered, until all the liquid is absorbed, about 50 minutes.
3. Remove the garlic and discard.
4. Place the rice in a bowl and fluff it with a fork.

Cook the bacon in a large nonstick skillet until just crispy, 5 to 7 minutes.

1. Remove to a paper towel to drain and set aside.
2. Add the shrimp to the fat in the skillet and cook over medium-high heat until just cooked through, 1½ to 2 minutes.
3. Remove with a slotted spoon and set aside.

Heat the oil in a large heavy saucepan over medium-low heat.

1. Add the shallots, ginger, and minced garlic; cook, to wilt slightly, 2 minutes, stirring constantly.
2. Add the reserved rice, remaining ¼ cup broth, the bacon, and cucumber.
3. Cook, stirring to combine, 1 minute longer.
4. Stir in the shrimp, bean sprouts, and 3 tablespoons of the chives.
5. Cook 30 seconds longer.
6. Divide the rice evenly between 6 shallow soup or pasta bowls.
7. Cover with aluminum foil to keep warm.

Melt 2 tablespoons butter in each of 2 large skillets.

1. Fry 3 eggs in each skillet (sunny side up).
2. Place 1 fried egg atop each bowl of rice.
3. Sprinkle with the remaining tablespoon snipped chives and lay a whole chive across each.

Serve immediately.