

Big Sky Family Cooking Night - **March**
Montana Harvest of the Month: **Beef**

Pineapple Fried Rice - serves 8+



Ingredients:

3 Tablespoons	Oil
4-5 Cups	Cooked rice, cooled, preferably at least one day old
1/4 Cup	Soy sauce
1/4 Cup	Vegetable stock
2 teaspoons	Curry powder
3	Shallots, diced
1	Carrot, peeled and diced
3	Garlic cloves, chopped
2 Tablespoons	Minced or grated fresh ginger
1/2 Cup	Frozen peas
1 Cup	Diced pineapple
1/4 Cup	Raisins
1/4 Cup	Scallions, sliced
As needed	Salt and freshly ground pepper

Methods:

Place rice in bowl, add oil and mix with spatula to lightly coat the rice.
In a small bowl or measuring cup, mix together the soy sauce, vegetable stock and curry powder.

Heat pot or large sauce pan over medium high heat, add 2 tablespoons of oil, swirl to coat.

Add shallots and carrots, saute 5 minutes or until beginning to soften and not at all brown, adjust heat as needed so not to brown the vegetables.

Add the garlic and ginger, cook while stirring for 1 minute.

Add the rice, peas, pineapple and raisins. Increase heat to high. Cook 1 minute

Add the soy sauce mixture, stir from bottom to loosen any clinging bits. Continue to cook over high heat for 5-8 minutes stirring occasionally, until liquids have evaporated rice begins to sizzle and pop on the bottom of pan.

Fold in scallions, season to taste with salt and pepper and serve