

Guyanese Fried Rice and Fried Chicken

Leah's family prepares this dish during happy family celebrations.

Ingredients

- 1 3/4 cup extra-long grain white or brown rice
- 1 cup diced carrots
- 1 cup chopped bora or broccoli
- 1 cup sweet whole corn
- 1 cup shredded cabbage
- 1 onion
- 1 head garlic
- 1 piece of ginger
- 3 or 4 eschalot (green onions), finely sliced
- Dark soy sauce
- Vegetable or canola oil
- Chinese Spice or 5 Spice, as needed
- Salt, as needed

For chicken (can be seasoned hours before or overnight)

- 2-3 pounds cut chicken legs or thighs
- 1 tablespoon olive oil, for marinade
- 2 teaspoon soy sauce
- 2 tablespoon green seasoning
- Salt as needed
- Black pepper, as needed
- Flour or bread crumbs

Instructions

1. Cook rice and ensure it doesn't come mushy. Spread in a long shallow pan. Let cool overnight or for a couple of hours. Rice should be completely cold. When cold, add soy sauce for coloring to slightly brown.
2. Chop and prep all vegetables.
3. Blend onion, garlic and ginger together.
4. In a wok or Kalahari add oil to heat then blended garlic, onion and ginger and stir fry.
5. Add vegetables and rice to fry. Add oil as needed.
6. Add salt, Chinese spice or five-spice to flavor.
7. Toss in eschalot of green onions for flavoring.
8. Seasoned chicken with ingredients. Add flour or breaded crumbs and fry.