



**Orak Arik- Stir-Fried Carrot and Zucchini with Turmeric and Egg**

Featured on May 4th, 2018 for “Asian Pacific American Foodways” demo with Chef Patricia Tanumihardja

*“Orak arik literally means to cook and stir and fry. My mom made this dish with green beans and carrots when I was a kid. I’ve adapted it to use turmeric (for its anti-inflammatory properties and anti-oxidants) and zucchini instead of green beans. You could use any vegetable in season for that matter. I like green cabbage, Napa cabbage and tomatoes too.”- Patricia Tanumihardja*

**Orak Arik**

Servings: 2

**Ingredients**

- 2 tablespoons vegetable oil
- 2 cloves garlic, minced
- ½ cup shallot or red onion, roughly chopped
- ½ teaspoon ground turmeric
- 2 medium sized carrots, cut into matchsticks
- 1 medium sized zucchini, cut into matchsticks
- 2 large eggs, lightly beaten
- ½ teaspoon fine sea salt
- ¼ teaspoon freshly ground pepper
- 2 green onions, green part only, chopped
- Handful of cilantro or celery leaves for garnish

**Directions**

Swirl the oil into a large wok or nonstick skillet and set over medium-high heat until simmering hot.

Add the garlic and shallots, followed by the turmeric.

Stir and cook until the paste is fragrant and darkens in color, 1 to 2 minutes.

Add the carrots and zucchini and toss to coat with the paste. Stir and cook until soft, 2 to 3 minutes.

Pour the egg over the vegetables slowly and cook undisturbed until it starts to set, 45 seconds to 1 minute. Break up the egg into large curds and mix into the vegetables.

Sprinkle with salt and pepper and stir and cook until the vegetables are cooked to your liking.

Stir in the green onions and taste. Adjust seasonings if necessary and scoop into a serving bowl. Top with celery leaves and serve hot with steamed rice. Enjoy!



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