



Cha Siu Chow Fan: Char Siu Fried Rice

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demo with Grace Young

My family only made this dish when there was leftover rice, and as a ploy to get us to eat more rice as children. Fried rice is an authentic Cantonese dish, and makes a quick dish for weeknight meals. My own favorite way of cooking fried rice is to use brown rice, because I prefer the texture, and it is delicious with any combination of vegetables. The traditional recipe is made, though, with cooked long grain rice. XO Sauce is a relatively new condiment, made from dried scallops shrimp roe, chili peppers, garlic, and spices. It is a popular ingredient Hong Kong chefs now add to fried rice to enhance the flavor.

— Grace Young

Fried Rice

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Ingredients

2 large eggs
2 teaspoons plus 1 tablespoon vegetable oil
6 ounces Chinese Barbecue Pork (Char Siu), store-bought or homemade
3 cups cooked brown rice, cooled
1 cup frozen peas, thawed
1/3 cup finely minced scallions
1 tablespoon thin soy sauce
1 teaspoon XO sauce, optional
¼ teaspoon salt
¼ teaspoon ground white pepper

Directions

Lightly beat eggs. Heat a 14-in flat-bottomed wok or skillet over medium-high heat until hot but not smoking. Add 2 teaspoons oil and beaten eggs, and cook 1 to 2 minutes, tilting the pan so that the egg covers the surface as thinly as possible to make a pancake. When the bottom is just beginning to brown and the pancake is just set, transfer to the cutting board. Allow pancake to cool slightly, then cut into ¼-inch wide, 2-inch-long strips. Cut barbecue pork into ¼-inch dice to make about 1 ¼ cups.

Add remaining 1 tablespoon oil and rice to wok, and stir-fry 2 to 3 minutes, breaking up the rice to separate the grains, until it is lightly coated with oil. Add the diced pork, peas, scallions, and egg strips, and continue stir-frying 3 to 4 minutes, or until the rice is beginning to brown slightly. Add soy sauce, XO Sauce if desired, salt, and pepper, and stir-fry 1 more minute, or until well combined. Serve immediately.

Chinese Barbecued Pork (Char Siu)

Chinese Barbecued Pork should be tender and juicy with a caramelized, almost burnt, crust. Seldom made at home in China, because most households did not have ovens, it was and is typically bough in the same Chinese delis where you can buy Soy Sauce Chicken, Salt Roasted Chicken, and Roast Duck. As a child I open watched the butcher deftly chop the pork into thick chunks. On the way home, it smelled so good that sometimes Mama would let us have a taste while it was still warm and juicy.

— Grace Young

Ingredients

2 pounds pork butt, well trimmed
4 tablespoons sugar
2 tablespoons thin soy sauce
2 tablespoons hoisin sauce
2 tablespoons black soy sauce
2 tablespoons Shao Hsing rice cooking wine
2 tablespoons ground bean sauce
2 teaspoons sesame oil
¼ teaspoon ground white pepper
2 tablespoons honey

Directions

Quarter the pork butt lengthwise. Rub with 2 tablespoons sugar, place it in a large bowl, and set aside from 15 minutes. Pour off any excess liquid.

In a small bowl, combine the remaining 2 tablespoons sugar, thin soy sauce, hoisin sauce, black soy sauce, rice wine, ground bean sauce, sesame oil, and pepper, and stir to combine. Pour mixture over the pork, making sure it is well coated. Loosely cover with plastic wrap, and refrigerate overnight, turning the pork from time to time.

When ready to roast, let the pork come to room temperature, allowing it to sit for at least 30 minutes. Preheat the broiler. Place a rack with a roasting pan and add enough water so that it reaches a depth of ¼ inch in the pan. Remove the pork form the marinade, reserving the marinade. Using your hands spread the honey on the pork evenly. Place the pork on the rack, leaving about 1 inch of space between the pieces.

Carefully place the plan under the broiler (the pork should be about 4 inches from the broiler element), and broil until the meat is just beginning to char slightly, 7 to 10 minutes. Monitor the water level in the roasting pan to make sure it never falls below ¼ inch. Turn the pork, brush with the reserved marinade, and broil until the meat is just beginning to char, 7 to 10 minutes, or until the pork registers 155 degrees when tested with a meat thermometer. If pork is getting too charred, lightly cover with a small piece of aluminum foil.

Carefully remove the barbecued pork from the broiler and set on a cutting board to cool for 10 minutes. Slice ¼ inch thick and serve warm or at room temperature meat juices that have accumulated on the board.



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