

Fujian style fried rice with crab meat, scallop and XO sauce



Serves 4

300 ml chicken stock
4ml konbu extract
10ml white soy
6g sugar
1 egg white, lightly beaten
4g kuzu starch
1g ginger oil
1g sesame oil
60g blue swimmer crab meat, picked
60g scallops, cut into quarters

Bring the chicken stock to a simmer, and season with konbu, sugar and white soy. Once the stock simmers again, add the crab meat and whilst stirring stream in the egg whites, the egg should coagulate in thin wisps and resemble crab meat, lower the heat to a gentle simmer, mix kuzu starch with the smallest amount of cold water and stream into the sauce whilst stirring, thicken to a consistency of a thick gravy. Add the oils and stir through the scallops, you will need to use this sauce as soon as it is made, otherwise the scallops overcook and become rubbery.

XO Fried rice

If you have old rice in the fridge, skip the rice cooking part.

1kg Jasmine rice - rinsed in cold water, changing three times to wash off the surface starch.
1L water

Place the rice and water in a saucepan that is wider than tall, with a tight fitting lid, bring to a simmer over medium heat, turn down the heat to the lowest heat setting with a lid on and allow to cook gently so the rice absorbs the water, this will take 7-12 minutes. Turn off the heat, and keep the lid on, allow to sit for 20 minutes and fluff the rice. Use immediately for a meal or spread out on a tray and refrigerate for at least overnight. Break up the rice before using.

For the fried rice

240g cooked rice
2 eggs, cracked into a bowl (firstly to check if they're good, and also you've gotta go fast when cooking with a wok)
4g salt
4g sugar
4g knorr chicken powder
2g ground white pepper
20g Lee Ho Fook XO sauce
30g spring onions, cut into thin rounds

Place a wok on the largest burner you have, a wok burner is ideal, but at home, the largest wok burner will suffice, allow the wok to get ripping hot, add 30ml of vegetable oil and swirl to coat the wok with a thin film of oil, but make sure there is enough to pool in the centre of the pan, when the oil is smoking - slide in your eggs in a smooth movement, give it a light scramble and add the rice. The idea here is to coat the rice in a thin layer of semi cooked egg, this will allow for a smoother stir fry experience and the egg helps separate the rice grains.

With the heat on high, spread the rice as evenly as possible across the surface of the wok, this is so the rice heats up evenly and quickly, every 20 seconds or so, give it a flip and a stir, you're after an evenly heated and separate result, with little caramelisation. A hallmark of a great Cantonese fried rice is little colour and separate grains, mentally aim for that.

Once the rice is hot and the grains are all separate, you will know it's close to being ready when the edges of the fried rice have a few grains jumping or popping up off the wok. Add the seasoning and spring onions, give that a quick mix through, adjust the heat to medium or low if it's cooking too quickly, to finish add the XO sauce and mix through, press fried rice down into a serving bowl to level out the surface, spoon on crab meat sauce and serve immediately.