



Negi Sinangag – Green Onion Garlic Fried Rice

NIBBLEDISH CONTRIBUTOR

Ingredients

- 4 Cloves fresh garlic
- 3 Cups of leftover cold rice
- 1 Stalk of big green onion chopped thinly (Japanese style if you got it - if you don't then 2 regular green onion stalks should do)
- 3 Tbsp of cooking oil (I used canola)
- 1 Tbsp of soy sauce (you should use Maggi seasoning if you got it, but if you do, you'll only need 1/2 a teaspoon of it)
- S&P

Instructions

Again with the Filipino food. Yep, to me, nothing really says "home" like it... even if I'm Korean. But sometimes, Filipino food does get a bit heavy and in order for me to really enjoy it, so I try and come up with compensations that hopefully, do not take away the essence of the original dish, but cater it to make it more enjoyable for different settings and climates. So for this dish, I used a simple inclusion of green onions in order to try and "cut" the heaviness and make it a bit more balanced on its own.

Great! Glad I got that BS out of the way. Here's the how-to!

1. Prepare the garlic by chopping them up in thin even slices about 1mm each. These are the highlights of the dish, so take time to get this just right. Making

them all even will also be important in the cooking process.

2. In a hot pan/wok heat up the oil. When the temperature is just right for frying (check by placing wooden chopsticks in and see if it bubbles) add garlic and keep them moving. With constant attention, keep moving them about for about 2 minutes, until they are just about to get golden and crispy. Right before they get golden, strain the oil (don't throw the oil away) and keep the garlic separate (it will be used later).
3. With a paper towel, do a quick brush off of all the remnants in your pan. You don't want any bits of garlic to burn and cause a bitter taste. When the pan is heated again, place the now garlic infused oil back in to the pan. When the oil is hot, add the cold rice and stir fry with a wooden spatula or spoon (I found this to be the most effective in not damaging the rice).
4. When the rice will slowly all separate from the heat, when they're halfway done cooking (when the chunks are about an inch cubed - or about 3 minutes) add the fried garlic and continue to stir-fry.
5. Add your soy sauce/Maggi at this point to give it just a punch of color. Also S&P to your liking.
6. Continue to stir fry for about 3 more minutes (until all of the rice is completely separated) and when you turn off the heat, add the chopped green onion and continue to stir-fry for 1 more minute without heat until the onions are soft.
7. Serve with a bit of left over uncooked fresh green onion on the top.

Typically, the rice should then be molded into a dome shape by placing into a small bowl or cup then inverted onto a plate. But really, it's all about how you enjoy it!