

A SUGAR + SHAKE Recipe

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Sugar + Shake Fried Rice

Old rice is best for fried rice. Ideally, it should be 2-3 days old, but at least one night in the fridge should dry it out sufficiently.)

- 3-4 cups rice
- 5-6 slices bacon, sliced into ¼-inch wide pieces
- 3 ¼-inch thick slices SPAM, small-diced (¼-inch cubes)
- ¼ cup Maui or ‘Ewa sweet onion, diced (but any yellow or round onion is fine)
- 3-4 stalks celery, cut into ¼-inch wide pieces (some people like to cut it on the bias into thin slices; that’s fine, too)
- ¼ to ½ carrot, julienned (Do NOT by any means, use frozen or canned carrots.)
- 3-4 stalks green onion, finely diced
- Approx. 1 tablespoon of shoyu (soy sauce; this is truly approximate—I’ve never measured it. If in doubt, add a little at a time to get the desired shade.)
- Garlic salt
- Pepper
- Egg

Prepare rice by crushing in your hands to separate the grains as much as possible. Fry bacon pieces in a very deep frying pan—a wok (non-stick is totally fine) is best. When the bacon is fully cooked through and beginning to get crispy, drain off most of the grease. I use paper towels to soak it up. You want to leave a sufficient amount to fry the rest of the ingredients and prevent the rice from sticking — about two teaspoons.

Add the SPAM and fry until it begins to turn brown and crispy. Add all the veggies EXCEPT the green onions. Season liberally with garlic salt and pepper. Stir-fry until the onions turn translucent.

Add the rice and shoyu, pouring the shoyu quickly across the rice quickly to make an “X” or a fast circle. Mix together, using a wooden rice paddle (in a pinch, a plastic paddle will do, but I hate cooking with plastic utensils; my fried rice paddle is really the “spoon” half of a salad serving set) with a flat “slicing” and flipping motion. (Similar to how you would mix sushi rice.) Break up any stuck-together chunks of rice and make sure the shoyu is evenly dispersed throughout. (Nothing grosser than biting into a hard rock of shoyu-soaked rice.) Cook until the rice is heated all the way through.

Add the green onions and mix in, seasoning again with garlic salt and pepper to your taste. Serve in bowls, topped with an over-easy or sunny-side up egg.