

Vegetable Stir-Fried Rice

Grade Level: 6-8

Total Lesson Time: 40-50 minutes

Cooking Time: 20-25 minutes

Recipe Level: Intermediate



Background

Making vegetable stir-fried rice allows students to become comfortable with some basic cooking techniques: chopping, measuring, whisking, and frying. This recipe also provides an opportunity to discuss different family or ethnic food traditions. The best fried rice is made from day-old or leftover rice. This recipe is fun and flexible since almost anything can be added to suit student tastes. Students may challenge themselves to eat foods or vegetables that they don't typically eat. It is ideal to use fresh, local, seasonal veggies.

Ingredients per group of 4

1/2 head of bok choy
1/2 red or green bell pepper
1 carrot
1 green onion
1 teaspoon grated ginger root
1 teaspoon of chopped garlic clove
1 cup cooked rice
1 egg
1 teaspoon sesame oil
1 Tablespoon soy sauce
1 teaspoon vegetable oil
pinch of chopped cilantro

* Other suggested vegetables: mushrooms, cauliflower, romanesco, snow peas, celery root, broccoli, or anything else you like.

Objectives

Students will:

1. Gain comfort with basic cooking techniques.
2. Strengthen communication and team building skills.
3. Demonstrate ability to prioritize and follow recipe steps.
4. Understand the function of various tools and cooking techniques.

Equipment

For each work station:

Nonstick skillet
Spatula or wooden spoon
Cutting board and knife
Measuring cups and spoons
Small mixing bowl
Whisk or fork
Kitchen towels
Plates
Napkins
Forks

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Preparation

1. Rice should be prepared ahead of time – ideally the day prior.
2. Students should be divided into groups of four and given roles such as recipe manager, ingredient manager, cook, and clean-up manager. All students should share work, but separate roles will help with accountability.
3. Have students wash hands.
4. Discuss proper methods of handling ingredients.
5. If time permits, have students wash and dice veggies, and finely chop garlic, ginger, cilantro, and green onion. Discuss proper handling and safety precautions if students are using knives.

Procedure

1. Introduce activity and main components of recipe, such as the vegetables. Highlight the use of any local, seasonal ingredients and their source.
2. Review student groups and roles. Once students are at cooking stations distribute equipment and recipes (1 copy per group).
3. Ingredient managers should use measuring cups and mixing bowl to collect all needed ingredients and bring them back to their station.

Making the Recipe

1. Dice all veggies into bite-size pieces. Finely chop the garlic, ginger, green onion, and cilantro and set them aside.
2. In a small bowl, beat the egg. Then stir the cooked rice into the egg.
3. Heat skillet on medium-high heat.
4. Add the vegetable oil and sesame oil.
5. Add the ginger and garlic to the pan and stir for 30 seconds.
6. Add the bell pepper and carrot and stir for about 1 – 2 minutes.
7. Add the bok choy or other greens and stir for 20 - 30 seconds.
8. Add the egg and rice mixture, and soy sauce and stir for about 3 minutes, until it begins to get golden brown and slightly crispy.
9. Turn off the heat and add the cilantro and green onion.
10. Stir, serve, and eat!

Follow-up / Journaling

After eating, have students discuss their experience making and eating the fried rice.

Have students record tasting notes in their journals based on their experience with the fried rice. Ask questions such as what did you like about cooking and eating the fried rice? What other ingredients would you like to add? Did you taste anything new?

Next, ask students to write about a family holiday or cultural food tradition in their journals.

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