

# Let's Get Cooking! / ¡Vamos a cocinar!

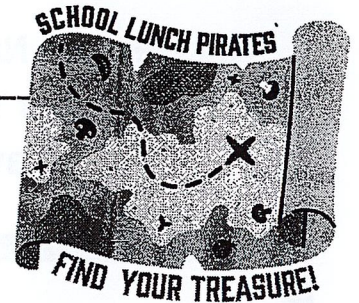
## RECIPE CONTEST 2024 / CONCURSO DE RECETA



Student Name / Nombre del Estudiante: Grace Tao, Nitya kooipati, & Claire Seagal

Teacher's Name / Nombre del Profesor: Mrs. Beniventi

School Name / Nombre de Escuela: Chaparral Elementary



Grade Level / Nivel del Grado: 5th

Recipe Title / Título de Receta: Friendship fried rice

### Ingredient List / Lista de ingredientes:

rice, frozen mixed vegetables (carrots, corn and beans), and eggs

#### 1. Make the rice

- Measure 2 cups of rice, and rinse with cold water till clear.
- Put the 2 cups of rinsed rice and add 2 cups of water to the rice cooker.
- Turn on the rice cooker. When done, the rice cooker automatically switches to "warm" mode. Let it sit for 5-10 minutes before opening.

#### 2. Make scrambled eggs

- crack 5 eggs, add  $\frac{1}{4}$  teaspoon of salt, whisk till the yolk and white are all mixed
- add 4 tablespoons of oil to the pan and heat it up for about 3 minutes with medium-high heat.
- Put the whisked egg into the pan and stir. Cut it into small pieces with a turner in the pan while stirring. When the egg turns golden, take it out.

#### 3. Preparing vegetables

- Turn on the stove to medium-high heat, put 1 oz frozen vegetables (chopped carrots, beans, and corn) in a pan, sprinkle 1 tablespoon of oil, and stir for 5-10 minutes till they are thawed and cooked.

#### 4. Mix all the ingredients

- Leave the vegetables in the pan, add the scrambled eggs and the rice, add 4 tablespoons of Oyster Sauce and 2 tablespoons of soy sauce, and stir them when they are all mixed together.

Serves / Porciones: 5-6 people



Photograph or drawing of the completed dish/fotografía o dibujo del plato completo



Brief Paragraph of the Recipe's Story (who taught you how to make it, how you came up with the recipe, why you like it, family history, etc.) / Breve párrafo de la historia de la receta (quién te enseñó cómo hacerlo, cómo se te ocurrió la receta, por qué te gusta, historia familiar, etc.)

Fried rice is a very popular and easy to make Chinese dish. My mom learned it from her grandma when she was little so my friends Claire, Nitya, and I decided to make it together. We are all from different cultures so everyone around the world can eat it.

RECIPE MUST BE SUBMITTED BY 10/18/24 / LA RECETA DEBE ENVIARSE ANTES DEL 10/18/24

Entries may be submitted in one of the following manners / Las entradas se pueden enviar de una de las siguientes maneras:

1. Submit to teachers or cafeteria staff, who will forward entries to Food & Nutrition Services, ATTN: Recipe Contest, Shannon Illingworth / Envíelo a los maestros o al personal de la cafetería, quienes enviarán las entradas a los Servicios de Alimentos y Nutrición, ATTN: Recipe Contest, Shannon Illingworth
2. Mail to / Enví a 32972 Calle Perfecto San Juan Capistrano, CA 92675