

Seafood Trio over Rice

Makes 4 servings

Marinade

1 tablespoon rice wine or dry sherry

½ teaspoon cornstarch

¼ teaspoon salt

1/4 cup diced (shelled and deveined) raw shrimp

1/4 cup diced sea scallops

1/4 cup diced cleaned squid

Seasonings

1-1/2 cups chicken broth

2 tablespoons unsweetened coconut milk

1 tablespoon curry powder

2 teaspoons soy sauce

½ teaspoon white pepper

2 tablespoons cooking oil

1 egg, lightly beaten

4 – 5 cups cooked long-grain rice

1 teaspoon minced ginger

¼ onion, diced

¼ carrot, diced

1/3 cup frozen peas, thawed

2 tablespoons butter

2 tablespoons all-purpose flour

Combine marinade ingredients in a medium bowl. Add seafood; stir to coat. Let stand 15 minutes. Combine seasoning ingredients in a medium bowl; set aside.

Place a wok or stir-fry pan over medium-high heat until hot. Add 1 tablespoon oil, swirling to coat sides. Add egg; cook until softly set; cut into small pieces with a spatula. Add rice; stir-fry 2 minutes. Remove to a serving platter.

Return wok to medium heat. Add remaining 1 tablespoon oil. Add ginger and onion; stir fry until fragrant, about 10 seconds. Add seafood; stir-fry 2 minutes. Add carrots and peas; stir fry 1 minute. Remove pan from heat.

Melt butter in a saucepan over medium heat. Add flour; cook, stirring, for 1 minute. Remove pan from heat. With a whisk, gradually blend in seasoning ingredients. Return pan to heat; cook, stirring, until sauce boils. Add seafood mixture; mix well. Spoon sauce over rice; serve.

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