

Mother's Kitchen

By: Mother Parayah and Sister Azarayah

Feast of Tabernacles Event

- Always cook with wood utensils (protect your pots from scraping the metal)
- Wash your rice. Wash rice 2 - 3x.
- Use Grapeseed Oil. This oil has a high smoke point.
- Use a Wok
- Use a Rice Cooker. Add 2 cups to every 1 cup of rice.

CHICKEN FRIED RICE

INGREDIENTS

- Green Onion
- Minced Onion
- Minced Garlic
- Jasmine Rice
- Egg(s)
- Soy Sauce
- Fish Sauce
- Salt & Pepper
- Sesame Seeds
- Butter
- White Pepper (Optional)

INSTRUCTIONS

1. Pour grapeseed oil into Wok
2. Saute Chicken w/ onions and garlic
3. Add rice and 4 eggs (do not beat eggs)
4. 3 - 4 tablespoon soy sauce
5. Dash of Sesame seed oil
6. Add fish oil
7. Add green onion
8. Add Sesame seeds

ADOBO CHICKEN

INGREDIENTS

- Chicken Wings (wash with vinegar and water)
- Garlic
- Black Pepper (rub through)
- Soy Sauce
- Fresh Ginger or ginger powder

INSTRUCTIONS

Use Wok or Dutch Pot
Lightly coat Wok w/ Oil
Add Chicken Wings
Cover with lid or foil (cook until you see color)
Add Ginger
Add Chicken Juice
Add Steamed Broccoli (Optional)
Cover with foil so juice can caramelize the chicken
Add Sesame Oil for flavor
Add Green Onion & Sesame Seeds
Add Brown Sugar to make sweet (optional)