

## Chinese Celery Fried Rice

### Summary

<b>Yield</b>	Servings
<b>Source</b>	wailana
<b>Prep time</b>	
<b>Cooking time</b>	30 minutes
<b>Total time</b>	30 minutes

### Description

Pungent and peppery, Chinese celery tastes similar to regular celery, only it's much stronger. Found in Asian markets, it lends a refreshing flavor to soups and stir-fries. Chinese medicine values this vegetable for treating high blood pressure, especially in the early stages.

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[Chinese Celery Fried Rice](#) [Wai Lana Recipe](#) [fried-rice\\_library.jpg](#)

### Ingredients

2 c  
Uncooked jasmine rice, rinsed  
3 1/2 c  
Water  
1 1/2 tspn  
Salt  
2 Tbsp  
Peanut oil  
1/2 c  
Carrot, finely diced  
1 c  
Onion, finely diced  
2 clv  
Garlic, minced  
1 1/2 c  
Button mushrooms, finely diced  
1 c  
Red bell pepper, finely diced  
2 c  
Chinese celery, finely chopped  
2 Tbsp  
Fresh ginger, peeled and minced

1 c  
Frozen peas  
3 Tbsp  
Soy sauce

## Instructions

1. Place the rice, water, and salt in a medium covered saucepan and bring to a boil on high heat. Reduce the heat to the lowest setting and cook for 20 minutes, or until all the water is absorbed and the grains are soft. Remove from the heat and allow to sit for 5 minutes.

2. Transfer the rice to a large tray and spread out evenly. Cool for 5 minutes, then place in the refrigerator to chill completely, or use an ice bath.\* Chilling the rice first helps to ensure that the grains are fluffy and separated.

3. Heat the peanut oil in a large wok or 12- to 14-inch skillet on medium-high heat. Add the carrot, onion, and garlic and sauté for a few minutes. Add the mushrooms, bell pepper, celery, ginger, and peas and sauté for a minute.

4. Add the chilled rice and toss to combine. Stir-fry for a few minutes to heat the rice through. Season with the soy sauce and salt and pepper to taste. Remove from the heat and serve.

## Notes

Salt and black pepper to taste

\*To create an ice bath, place 2-3 trays of ice cubes in a dish similar in size to the tray that the rice is spread out on. Add some water to make a bath and set the tray with the rice over the top of the ice bath so that the rice can cool quickly. It should take between 20-30 minutes for the rice to cool, depending on the depth of the ice bath.

Nutritional Information Per Serving:

Calories: 159, Fat 2.5g (22 cal), Carbohydrate 30.6g (122 cal), Protein 3.7g (15 cal)

Added information: Saturated Fat 0.5g, Cholesterol 0mg, Sodium 557mg, Dietary Fiber 2g

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**Source URL:** <http://www.wailana.com/lifestyle/recipe/chinese-celery-fried-rice>