

Chinese Sausage and Rice

Internet address: <https://steamykitchen.com/26666-chinese-sausage-rice-recipe.html>

Adapted from Jaden's Steamy Kitchen



1 1/2 cups long grain rice, jasmine rice preferred
2 3/4 cups water
6 Chinese sausage, links

SAUCE:

1 tablespoon vegetable oil
2 cloves garlic, smashed
1 shallot, roughly chopped
1/4 cup soy sauce, use low-sodium if preferred
2 tablespoons dark soy sauce, see notes
1 tablespoon dry sherry
2 tablespoons sugar
2 tablespoons water
1/4 teaspoon Asian sesame oil

TOPPINGS:

1/2 cup green onions, chopped
1/2 cup cilantro, chopped

*Per Serving (excluding unknown items): 302
Calories; 23g Fat (60.0% calories from fat);
14g Protein; 20g Carbohydrate; 1g Dietary
Fiber; 0mg Cholesterol; 897mg Sodium; 5g
Total Sugars; 0mcg Vitamin D; 18mg
Calcium; trace Iron; 107mg Potassium;
42mg Phosphorus. Exchanges: .*

Carolyn T's Blog: tastingspoons.com

Servings: 6

If you do not have dark soy sauce, substitute: with 2T regular soy sauce + 1 tsp honey or molasses.

1. Wash the raw rice grains first. Fill a large pot with the rice and cold water to cover. Use your hands to swish the rice grains, loosening any extra starch and dirt. Rice (like beans) is a raw ingredient and it is important to wash and rinse. Washing also rids the rice of extra starch, which will give light, fluffy, airy rice - not heavy, sticky and starchy. Tip the pot and carefully pour out the water. Repeat two more times. Drain as much water as possible from the pot.
2. Measure and add in the 2 3/4 cups of water.
3. Snuggle the sausage in the rice grains. Turn the heat to high. When the water near the edge of the pot starts bubbling, cover the pot and reduce the heat to low. Cook for 18 minutes. Note: While the rice is cooking, make the Sauce.
4. When the rice is finished cooking, turn off heat and keep covered - no peeking. Let it sit with the lid on for 5 minutes to finish the steaming process. Remove the sausage links and cut them (carefully, they're hot) into diagonal slices about 1/2 or 3/4" thick.
5. SAUCE: In a small saucepan, add oil, garlic and shallot. Turn heat to low and let the garlic and shallot cook slowly until they begin to brown but not burn. Use a slotted spoon and remove the shallots and garlic and discard, leaving the flavored oil. Add remaining ingredients and simmer until thickened, about 2 minutes. Add shallot garlic mixture back in. Add the sausage and stir it thoroughly, then pour the sauce over the rice and stir to combine.
6. Serve with green onions and cilantro on top.

