WASTE LESS, TASTE MORE 020

Give Extra Rice a New Flavor



TONIGHT'S SIDE CAN BECOME TOMORROW'S FRIED RICE.

If you prepare more rice than your dinner guests eat, plan a fried rice lunch or supper. Add vegetables, egg, and a complementary protein to give it a different flavor and presentation.

1 Put the extra rice away promptly

Divide it into shallow containers and refrigerate promptly after serving. Do not leave it on the counter while the party continues.

Why: Rice needs the same careful handling as other cooked leftovers. Refrigerate perishables within two hours, or one hour above 90°F.

2 Prepare the additions before cooking

Chop vegetables, slice scallions, and have your seasonings ready. Choose ingredients that work together rather than adding every remaining item.

Why: Having everything prepared makes the cooking easier and keeps the flavors focused.

3 Cook thoroughly and plate neatly

Break up the chilled rice and follow a fried rice recipe. Heat the finished dish throughout to 165°F when using leftovers.

Why: Thorough reheating belongs alongside careful storage.

KITCHEN NOTES

Use dinner's extras thoughtfully

Cooked chicken, shrimp, peas, or diced vegetables may fit the dish.

Keep the seasoning balanced

Add soy sauce or other salty ingredients gradually.

Give it a finishing touch

Spoon into a shallow bowl and finish with scallion greens and a little fresh herb.

THE PLATING MINDSET

Change the seasoning and arrangement so the rice becomes part of a new meal.

Food safety: FoodSafety.gov / USDA FSIS (linked in PDF)