

Diet

The diet of Medieval Chinese was lacking in protein. There was little meat, fish, or milk available to the common people. To add protein they collected eggs (some had domesticated chickens), and grew a variety of vegetables, millet, sorghum, and wheat. Their staple foods were rice and tea. Fried rice was a dish that combined rice, vegetables, and eggs.

Healthy recipe

Vegetable fried rice (serves 6-8)

Ingredients

3 cups cooked white rice (cooled)
2 tbsp. vegetable oil (prefer olive or canola, but the Chinese likely used sorghum oil)
2 eggs
1 bunch green onions, diced
1 red pepper, diced
2 large carrots, diced
2 cups mushrooms, diced
1 cup pea pods (chopped)
1 small can sliced water chestnuts
1 cup bok choy, chopped
2 vegetable Maggi cubes*
¼ cup boiling water
¼ cup vegetable oil (prefer olive or canola, but the Chinese likely used sorghum oil)

Directions

1. Have the cooled rice on hand. Beat the two eggs.
2. In a large skillet scramble the eggs at medium heat. Break the egg mixture into small pieces during the scrambling process.
3. Add the onions, carrots, mushrooms, pea pods, water chestnuts, bok choy to the skillet. Saute until the carrots are soft enough to chew (about 2 minutes). Reduce heat.
4. In a small bowl, dissolve the Maggi cubes in the boiling water. Add the vegetable oil. Pour contents of bowl into the skillet with the vegetables.
5. Increase heat to medium high and add the rice to the skillet. Quickly stir until all foods are mixed and piping hot.
6. The fried rice can be served over crisp, cold, chopped lettuce.

*The Medieval Chinese probably reduced vegetable stock and salt down to a solid.