

Scallop Fried Rice

One recipe will fill 3 medium freeze dryer trays with 2.5lbs of food*

[John in Bibs' Scallop Fried Rice Freeze Dried Ep248](#)

Ingredients:

3/4 C Soy Sauce divided	3 pouches Ramen noodle seasoning in 3 Cups of Water or or 3 cups of chicken broth
1/2 C of Water	
4 Eggs whisked	3 cups rinsed and drained long grain white rice
2 C Yellow Onions	
1 C diced Carrots	2lbs of frozen scallops
1-13oz bag frozen Peas	



Directions:

1. Put your pressure cooker on Saute and let heat, then add 1/2 C of the soy sauce to the bottom and then water until the bottom of the cooker is just covered. Stir and heat until steamy.
2. Add eggs, don't stir, let them cook, until firm, then stir and chop eggs.
3. Add all of the other ingredients except scallops into the pressure cooker, and stir it all together. Then add the scallops and stir. Add another 1/2 C of soy sauce, stir.
4. Seal pressure cooker lid, High pressure for 3 minute cycle
5. Let Pressure cooker release naturally for 10 minutes.
6. Release pressure
7. Line tray, and spread Fried Rice evenly across your trays (2.5 lbs max per medium tray) this is where you can add dividers to portion
8. Pre-Freeze and then Freeze Dry
9. Store appropriately (See Tips and Tricks for storage help)

Cycle Time: Varies

Rehydration:Add a 1/2 C of boiling water (1/4 tray serving size), stir then seal and let sit for 2 minutes. Add more water if needed, stir, reseal, let sit for 2 minutes.



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray