

Peruvian / Chifa

Rice & Paellas

Peruvian-Chinese Arroz Chaufa (Chifa Fried Rice)

⌚ Prep: 15m

🔥 Cook: 10m

Σ Total: 25m

🍽️ 4 servings



COOKING SEQUENCE & CHECKPOINTS

- 1

Egg Crepe & Sear Chicken

⌚ 4 min

Heat 1 tbsp neutral oil in a carbon-steel wok; pour in beaten eggs seasoned with a pinch of salt to cook a thin omelet, then slice into ribbons. Add remaining chicken tossed with remaining salt and grated ginger, searing over high heat for 3 minutes until golden and $\geq 165^{\circ}\text{F}$ (74°C) internally.
✓ Checkpoint: Golden chicken cubes and egg ribbons.
- 2

Sear Cold Rice

⌚ 3 min

Add remaining 1 tbsp neutral oil to the smoking wok, drop in the cold broken-up rice, and toss vigorously over maximum heat for 3 minutes.
✓ Checkpoint: Grains dancing and popping.
- 3

Caramelize Light & Dark Soy Sauce

⌚ 2 min

Drizzle light soy sauce and dark mushroom soy sauce around the smoking wok walls to flash-caramelize. Toss thoroughly with the seared chicken and egg ribbons.
✓ Checkpoint: Deep amber color and smoky fragrance.
- 4

Scallions & Sesame Finish

⌚ 1 min

Off heat, fold in fresh green scallions and toasted sesame oil. Toss and serve immediately.
✓ Checkpoint: Fragrant, steaming Chaufa.

MISE EN PLACE / INGREDIENTS [10]

- ☐ 4 cups Chilled day-old cooked long-grain white rice
- ☐ 1 lb Boneless chicken breast or thighs, cut into 1/2-inch cubes
- ☐ 1.5 cups Chopped scallions (cebollita china)
- ☐ 1 tbsp Fresh ginger (kión), finely grated
- ☐ 2 tbsp Light soy sauce (sillao claro) (Kikkoman)
- ☐ 1 tbsp Dark mushroom soy sauce (sillao oscuro) (Pearl River Bridge)
- ☐ 1 tsp Toasted sesame oil (Kadoya)
- ☐ 3 whole Large eggs, lightly beaten
- ☐ 2 tbsp High-smoke-point neutral vegetable oil, divided
- ☐ 0.5 tsp Kosher salt

US SUPERMARKET BRAND GUIDE

Toasted Sesame Oil: Kadoya Pure Roasted Sesame Oil
Rich toasted nuttiness signature to Peruvian Chifa. • 📍 Asian aisle.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: 165°F (74°C) MANDATORY USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR ALL POULTRY**
USDA Poultry Safety Minimum ($\geq 165^{\circ}\text{F}$ / 74°C): Chicken breast must reach a verified internal temperature of 165°F (74°C) in the thickest part to eliminate Salmonella. Pull promptly at 165°F (74°C) to keep lean white meat moist and tender.

👁️ **MASTER DONENESS CHECKPOINT:**
Every individual grain toasted to a rich caramel hue with intense smoky wok hei perfume.

🔬 **WHY IT WORKS:**
Day-Old Cold Rice Retrogradation: Chilling cooked rice dehydrates surface starch so grains separate cleanly and toast rather than steam in hot fat.

⚠️ **TROUBLESHOOTING:**
Soggy mushy rice: Spread fresh rice onto a sheet pan and freeze for 20 minutes before frying.