FOOD & CULINARY

Recipe Of Chinese Rice With Shashlik In Urdu

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Introduction: The Perfect Fusion – Chinese Rice with Shashlik

Few dishes capture the essence of fusion cuisine as beautifully as Chinese rice with shashlik. Across Pakistan, this flavorful combination has become a staple at family gatherings, dinner parties, and even casual weeknight meals. The recipe of Chinese rice with shashlik in Urdu is widely shared among home cooks who seek the perfect balance of spicy, tangy, and savory flavors. While the original version often appears in Urdu cookbooks and YouTube channels, this article presents the complete guide in English, ensuring that every reader—regardless of language preference—can recreate this restaurant-quality dish at home.

Chinese rice with shashlik brings together two beloved cooking traditions: the aromatic, wok-fried rice of Chinese cuisine and the grilled, marinated meat skewers known as shashlik, which in Pakistan often takes on a local twist. The result is a hearty, colorful platter that pleases both the eyes and the palate. Whether you are a seasoned cook or a beginner looking for an impressive meal, mastering this recipe will add a signature dish to your repertoire. Let us dive into the step-by-step process, including the marinade, the rice preparation, and the final assembly.

What Makes This Recipe Special?

Unlike takeout versions that can be greasy or overly salty, homemade Chinese rice with shashlik allows you to control the quality of ingredients and adjust the spice level. The recipe of Chinese rice with shashlik in Urdu traditionally relies on local spices like red chili powder, ginger-garlic paste, and garam masala, blending them with soy sauce, vinegar, and tomato ketchup. This cross-cultural harmony is exactly what makes the dish so appealing. You get the crunch of fresh bell peppers and onions, the tenderness of marinated chicken or beef, and the fragrant, slightly chewy texture of fried rice—all on one plate.

Ingredients for Chinese Rice with Shashlik

Below are the ingredients divided into two main components: the shashlik and the Chinese rice. Measurements are provided for four servings.

For the Shashlik (Marinated Skewers)

- 500 g chicken breast or beef sirloin – cut into 1-inch cubes
- 1 green bell pepper – cut into chunks
- 1 red bell pepper – cut into chunks
- 1 large onion – cut into chunks
- 2 tablespoons soy sauce
- 1 tablespoon tomato ketchup

- 1 tablespoon chili sauce (adjust to taste)
- 1 tablespoon vinegar
- 1 teaspoon red chili powder
- ½ teaspoon black pepper
- 1 teaspoon garlic powder (or 1 tablespoon ginger-garlic paste)
- Salt to taste
- 1 tablespoon oil – for grilling
- Wooden or metal skewers – soaked in water if wooden

For the Chinese Rice

- 2 cups basmati rice – soaked for 30 minutes and drained
- 3 cups water – for boiling
- 1 teaspoon salt
- 1 tablespoon oil – to prevent sticking
- 1 small carrot – finely diced
- ½ cup green peas (fresh or frozen)
- 2 green onions – sliced, white and green parts separated
- 2 cloves garlic – minced
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil (optional)
- 2 tablespoons oil – for stir-frying
- White vinegar – a splash

Step-by-Step Recipe of Chinese Rice with Shashlik in Urdu Style

This method is adapted from popular Urdu cooking channels and adds a desi (local) touch to the classic Chinese dish. Follow the steps carefully for the best results.

Step 1: Marinate the Shashlik

In a large mixing bowl, combine soy sauce, ketchup, chili sauce, vinegar, red chili powder, black pepper, garlic powder (or paste), and salt. Add the meat cubes and toss well to coat. Cover and refrigerate for at least 1 hour—overnight marination yields deeper flavor. While the meat marinates, prepare the rice.

Step 2: Parboil the Rice

Bring 3 cups of water to a boil in a pot. Add salt and 1 tablespoon oil. Stir in the soaked, drained rice. Cook on high heat until the rice is about 70% done (still has a slight bite). Drain immediately and rinse under cold water to stop the cooking. Set aside.

Step 3: Assemble and Cook the Shashlik Skewers

Thread the marinated meat onto skewers, alternating with chunks of bell peppers and onion. You can also add cherry tomatoes or pineapple for sweetness. Heat a grill pan or a regular frying pan over medium-high heat with 1 tablespoon oil. Place the skewers and cook, turning occasionally, until the meat is cooked through and lightly charred. This takes about 8–10 minutes for chicken, slightly longer for beef. Remove the meat and vegetables from the skewers onto a plate; keep warm.

Step 4: Make the Fried Rice

Heat 2 tablespoons oil in a wok or large skillet over high heat. Add minced garlic and the white parts of green onions; stir-fry for 30 seconds. Add diced carrots and peas; sauté for 2 minutes. Add the parboiled rice, soy sauce, and a splash of vinegar. Toss everything together gently, using a spatula to ensure the color is evenly distributed. Cook for 2–3 minutes, then stir in the green parts of the onions and sesame oil (if using). Remove from heat.

Step 5: Combine and Serve

On a large serving platter, spread the Chinese fried rice. Arrange the cooked shashlik meat and vegetables on top. Garnish with extra chopped green onions, sesame seeds, or a drizzle of chili sauce. Serve immediately with a side of your favorite sauce—garlic mayonnaise or sweet chili sauce works wonderfully.

Tips for Perfect Chinese Rice with Shashlik

- Use day-old rice: Freshly cooked rice can become mushy. If using fresh rice, spread it on a tray to cool completely before stir-frying.
- High heat is essential: To achieve the smoky "wok hei" flavor, cook the rice over the highest heat possible and do not overcrowd the pan.
- Marinate longer: The recipe of Chinese rice with shashlik in Urdu often emphasizes a longer marination period—overnight yields the most succulent meat.
- Vegetable variations: You can add mushrooms, baby corn, or zucchini to the shashlik skewers for extra texture.
- Spice adjustment: For a milder version, reduce red chili powder and chili sauce. For extra heat, add crushed red pepper or green chilies to the rice.

Frequently Asked Questions (FAQ)

Can I use beef instead of chicken?

Yes, beef sirloin or tenderloin works well. Slice against the grain and marinate for at least 2 hours to tenderize.

What type of rice is best?

Basmati rice is traditional in Pakistani households, but jasmine rice also pairs nicely. Avoid short-grain rice as it becomes sticky.

How do I make this dish without skewers?

Simply stir-fry the marinated meat and vegetables together in a pan after grilling. The flavor remains the same.

Is there an entirely vegetarian version?

Absolutely! Replace meat with paneer, tofu, or large mushroom caps. Use the same marinade and proceed.

Nutritional Information (Per Serving – Approximate)

- Calories: 520 kcal
- Protein: 35 g
- Carbohydrates: 60 g
- Fat: 14 g
- Fiber: 3 g
- Sodium: 800 mg

Note: Values vary depending on specific brands and ingredient substitutions.

Why This Recipe is Loved in Urdu-Speaking Households

The recipe of Chinese rice with shashlik in Urdu is more than a cooking instruction—it represents the creativity of Pakistani home cooks who adapted Chinese street food to local tastes. By using everyday spices and easily available vegetables, this dish becomes accessible to everyone. The bold red color, the savory aroma, and the satisfying crunch are reasons why it appears on menus of desi Chinese restaurants and dinner tables across the country. Whether you follow a written recipe from a family cookbook or watch a video in Urdu, the core technique remains the same: balance flavors, use high heat, and serve with love.

Conclusion

Chinese rice with shashlik is a delightful fusion dish that brings together the best of two culinary worlds. This article has provided a complete, step-by-step guide rooted in the traditional recipe of Chinese rice with shashlik in Urdu, adapted for English-speaking readers. From marinating the meat to stir-frying the rice, every detail has been covered to ensure your success. The result is a colorful, flavorful, and satisfying meal that will impress family and friends. Try it for your next dinner party or weekend treat—you will discover why this combination has become a beloved classic in Pakistani kitchens. Enjoy cooking and sharing the magic of homemade Chinese rice with shashlik!

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