



Online Masterclasses

Ah Yat Fried Rice

Forum Restaurant



Master a 3-star Michelin fried rice from your home. With fresh prawns, BBQ pork, conpoy fried together with egg and rice and finished with the ham sauce and pinch of Chinese onion, the aromas, rich flavour and texture of the fried rice will make this an irresistible dish.

Presented by



Executive Chef Wong Lung To

Executive Chef at Forum Restaurant, Chef Adam Wong has received numerous professional qualifications including the founding president of the Chinese Culinary Institute Master Chef Chapter, member of the Ordre Mondial des Gourmets Dégustateurs, Le Corden Bleu alumni, member of the Commanderie des Cordons Bleus, Director of the Kwan Sang Catering Professional Employees Association, Director of The Association for Hong Kong Catering Services, Master Chef of the Vocational Training Council and visiting professor at the Macau University of Science and Technology.

Cook-along Kit

1. Rice (4 tael / 150g)
2. Green onion 1½ tael
3. Barbecued pork 2 tael
4. Conpoy 1½ tael
5. Fresh shrimp 2 tael
6. Eggs 2 pcs
7. Ham broth a little
8. Water (5 tael / 190g) (self-prepared)

Tools and other items you will need

Claypot