

Allen's Rice Cakes

I started making these rice cakes at training camps and races to give riders something savory and fresh to eat while on the bike. They became a huge hit since almost everything the riders ate was pre-packaged and sweet. Not only are these rice cakes delicious, they also provide a consistent energy source that doesn't upset the stomach.

2 cups uncooked calrose or other medium-grain "sticky" rice

3 cups water

8 ounces bacon

4 eggs

2 tablespoons liquid amino acids or low-sodium soy sauce

brown sugar

salt and grated parmesan (optional)

TIP We always use calrose rice, a strain of medium-grain rice common in Asian cooking. This variety cooks fast (in 20 minutes or less), retains a nutty flavor, and is just sticky enough to hold our cakes together. If you can't find it, use another medium-grain rice or any kind marked "sushi rice."

- 1 Combine rice and water in a rice cooker.
- 2 While rice is cooking, chop up bacon before frying, then fry in a medium sauté pan. When crispy, drain off fat and soak up excess fat with paper towels.
- 3 Beat the eggs in a small bowl and then scramble on high heat in the sauté pan. Don't worry about overcooking the eggs as they'll break up easily when mixed with the rice.
- 4 In a large bowl or in the rice cooker bowl, combine the cooked rice, bacon, and scrambled eggs. Add liquid amino acids or soy sauce and sugar to taste. After mixing, press into an 8- or 9-inch square baking pan to about 1½-inch thickness. Top with more brown sugar, salt to taste, and grated parmesan, if desired.

Cut and wrap individual cakes. Makes about 10 rice cakes.

PER SERVING (1 cake) > Energy 225 cal • Fat 8 g • Sodium 321 mg • Carbs 30 g • Fiber 1 g • Protein 9 g