

## ***Bok Choy Recipe***

www.steamykitchen.com

1.5 pounds bok choy

1 1/2 tablespoons canola, vegetable or peanut oil

1 - 2 cloves minced garlic

1 teaspoon grated fresh ginger

3 tablespoons broth or water (or replace with 1 T wine)

Salt to taste

1/2 teaspoon sesame oil

Trim stem off, separate out leaves, leaving tender center intact. Wash and drain. Finely mince garlic and grate ginger. Pour oil into frying pan or wok, add garlic and ginger - medium high heat. When light golden brown, add bok choy leaves. Toss well to coat each leaf with oil and herbs. Pour in broth, water and/or wine. Immediately cover and let cook for 1 minute. Season with salt and drizzle a bit of sesame oil on top.

## *Crisp Bok Choy Greens in Tangy-Sweet, Sesame-Soy Vinaigrette*

www.cozyapron.com

1 head bok choy, rinsed and dried then thinly sliced (including leafy greens)  
½ cup shredded carrot  
1 tablespoon toasted sesame seeds, for garnish  
1 clove fresh garlic, pressed through garlic press  
2 teaspoons toasted sesame seeds  
1 tablespoon honey  
1 tablespoon low-sodium soy sauce  
3 tablespoons rice wine vinegar  
1 tablespoon toasted sesame oil  
3 tablespoons vegetable oil

Place sliced Bok Choy and carrot into a large bowl and into refrigerator while vinaigrette is prepared.

In a small bowl, add all of the vinaigrette ingredients (garlic, honey, soy sauce, vinegar and oils) and whisk together until well combined. Pour the vinaigrette over the Bok Choy greens and carrot, toss together well to coat, and divide equally among plates, piling the greens high; sprinkle with about a teaspoon of the sesame seeds to garnish.

## *Stir Fried Bok Choy*

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- 1 1/2 pounds bok choy or baby bok choy
- 1 1/2 tablespoons canola, vegetable or peanut oil
- 1-2 cloves garlic, finely minced
- 1 teaspoon grated fresh ginger
- 3 tablespoons broth or water (or 2 tablespoons broth/water + 1 tablespoon wine)
- salt to taste
- 1/2 teaspoon sesame oil

Start by trimming the stem off - don't trim too much - just the end. Cutting the thick stem off will ensure that the bok choy cooks evenly. Separate out the leaves, keep the tender center intact and clean under running water. Drain.

Finely mince garlic and grate fresh ginger with a microplane grater. Grating the ginger helps break up the tough fibers! (and yeah, sometimes when the ginger is nice and fresh, I don't even bother peeling off the paper-thin skin)

Place wok or frying pan on your stove and pour in the cooking oil. Add the garlic and ginger. Turn the heat to medium-high. Let the ginger and garlic gently sizzle in the oil. When the aromatics become fragrant and light golden brown, add the bok choy leaves. Toss very well to coat each leaf with the garlicky, gingery oil for 15 seconds (Tongs work best for tossing leafy veggies). Pour in broth, water or wine. Immediately cover and let cook for 1 minute. Season with salt and drizzle a bit of sesame oil on top.

## *Stir Fried Veggies*

S. Brewer

Baby bok choy

Greens

Carrots, Onions (green onions or regular onion), Garlic and Peppers (color your choice)

Any other veggies in your frig or freezer (corn, peas, green beans, etc)

Sesame oil

Salt and pepper to taste

Slice bok choy, greens, carrots, onions and garlic (you can chop the garlic or use a press) in 1/4" slices. Add sesame oil to wok or skillet and let heat. Then add carrots, peppers, onions and garlic. Saute for about 5 minutes, then add other veggies. Cover and let cook for about 10 minutes. Add bok choy and greens. Cover and cook for about 3 - 5 minutes (just till the greens are wilted). Salt and pepper to taste. The amount of time to cook depends on how you like your veggies. I like mine with a bit of crunch still to them. The amount of each veggie you use depends on how much you like them and how many you're feeding.

## ***Stir Fry Baby Bok Choy***

Rhonda Parkinson | [chinesefood.about.com](http://chinesefood.about.com)

4 bunches baby bok choy (basically, 1 bunch per person)

2 slices ginger

2 tablespoons soy sauce

1 teaspoon sugar, or to taste

1/4 teaspoon salt, or to taste

1/4 cup water

A few drops sesame oil

1 1/2 tablespoons vegetable oil for stir-frying

Wash the baby bok choy and drain. Separate the stalks and leaves. Cut the stalk diagonally and cut the leaves across.

Heat wok or large fry pan and add oil. When oil is ready, add ginger and stir-fry briefly, for about 30 seconds, until the ginger is aromatic. Add the bok choy, adding the stalks first, and then the leaves. Stir in the soy sauce, sugar, and salt, and stir-fry on high heat for 1 minute. Add the water, cover the wok and simmer for about 2 minutes. Stir in the sesame oil and serve. Serves 4.