



Bok Choy

What is it?

Bok choy, also spelled bok choi or pak choi, is a type of Chinese cabbage. This cruciferous veggie is an excellent source of Vitamin A and Vitamin C and also contains omega-3s and zinc. It is from the Brassicaceae family which also includes broccoli, cauliflower, kale, and brussel sprouts.

.....

Storage Tips

Do not wash until ready to use. Store in an open plastic bag in the vegetable drawer. Dirt often gets trapped in the widest part of the white stalks, so wash it well. Tessa likes put the pieces in a colander and rinse well after chopping.

.....

Usage Tips

Bok choy can be eaten either raw, cooked, or grilled. If stir frying or sauteing, chop the white stalks separately from the green leaves. Start cooking the white stalks several minutes before adding the leaves to avoid over cooking the greens.

To freeze, cut and ensure it is as dry as possible. Spread the cuts onto a pan lined with baking paper. Place in the freezer for 15 - 20 minutes or until firm to the touch. Transfer to a storage container and freeze up to a year.

A Vegetable E-booklet



RECIPES

Boy Choy Salad with Sesame Soy Sauce

INGREDIENTS

- 4 baby bok choy washed & thinly sliced
- 1 carrot thinly sliced or peeled
- 2 stalks of celery thinly sliced
- 1 red pepper thinly sliced
- 2 1/2 T EVOO
- 1 T sesame oil
- 1 T rice wine vinegar
- 1 tsp soy sauce
- 1 tsp agave or honey
- Salt & Pepper
- sesame seeds

INSTRUCTIONS

1. Combine all vegetables in a large bowl.
2. Whisk together dressing ingredients (olive oil through salt & pepper) and pour over vegetables.
3. Toss well to fully dress the salad.
4. Garnish with sesame seeds.

Adapted from www.runningtothekitchen.com

Bok Choy Chicken Soup

INGREDIENTS

- 3 cups chicken broth
- 1 teaspoon red pepper flakes
- 2 teaspoons soy sauce
- 2 teaspoons Asian sesame oil
- 1 clove garlic, chopped
- 10 leaves bok choy, thinly sliced

INSTRUCTIONS

1. Bring the chicken broth to a boil in a medium saucepan.
2. Stir in the red pepper flakes, soy sauce, Asian sesame oil, and chopped garlic.
3. Add the bok choy leaves. Simmer for up to 10 minutes, until the leaves turn dark green and are wilted and tender.

Adapted from www.thespruceeats.com