



Bok Choy Baby

Bok Choy Baby (sautéed in Fennel Pepper w/ light sauce)

Serves 4 to 6

Time: As long as it takes



Ingredients for Bok Choy & Sauce

Bok Choy:
3-4 Baby Bok Choy (or 5-6 Choy Sum)

Sauce:
1 ½ Tbsp Fennel Pepper
2 Tbsp Soy Sauce
1 ½ Tbsp Fresh finely chopped ginger (or 1 Tbsp ground ginger)
1 Tbsp Rice vinegar
½ Tbsp Agave syrup
1 tsp Coarse salt

½ tsp Fresh ground pepper
2 Tbsp Olive oil
Dash Crushed red pepper

Choy Sum is a nice substitute for Bok Choy. It's like a cabbage too!

Bok Choy can be easily overcooked creating a soft gushy consistency

Choose greens that are not wilting or contain brown spots

Stop cooking when the stalks just begin to be tender

Stir-frying or "sautéing" best contrast of texture to brown and add a dimension of flavor

Bok Choy Baby

Contributors: Team FP



Preparation:

Wash bok choy to remove dirt. Remove any damaged outside leaves.

Cut off the ends (so fresh) and cut down the center to create two halves and set aside.

Add soy sauce, ginger, rice vinegar, agave, half of the salt, pepper, fennel pepper and crushed red pepper in a mixing bowl and whisk vigorously. Stick your finger in and taste.

Add ginger, salt or whatever to taste. If you're worried about too much red pepper, add a smidge more agave to offset.

Now the Bok Choy

In another pan, heat olive oil in wok or sauté pan and sprinkle in other half of the course salt.

Place the cut sections (cut down) in hot oil and salt for a few minutes without moving to get a nice color to the cut (face down) surfaces.

Once the color appears, drizzle soy and ginger mixture over bok choy and let sizzle for another minute.

Stop cooking when the stalks just begin to be tender 5 to 8 minutes.

Flip over and cook the other side for another minute or so.

Remove and place cut side up on serving plate.

Drizzle hot soy and ginger syrupy mixture from pan over bok choy and serve.

Remember:

It is important to stop cooking when the stalks just begin to be tender, which is about 5 to 8 minutes with halved baby Bok Choy.