

## Asian Greens

Tatsoi, Pac Choi, Mei Qing Choi, Joi Choi, Mizuna, Kyona, the list goes on and on with this diverse selection of imported specialty greens coming from the far east. They are full of B vitamins, A and C vitamins, calcium, and important minerals and antioxidants which mean that Asian greens should be on everyone's plates.



pac choi

### TIPS:

**Storage:** See Guidelines for storing greens in the Storage section of this handbook.

**General Cooking Info:** If the leaves are young and tender, they work great for a salad. Try tossing them with roasted sesame oil and some ginger and lemon. Or chop coarsely and cook as you would kale or mustard greens.

**Growing info:** We don't grow every type of asian green, and mostly you'll find them in salad mixes. Sometimes we put an asian greens mix in your boxes. The last couple of years, it's been tatsoi, yokatta-na, and pac choi. We're always trying new ones and you may see some of them this year.

**Common Problems:** See kale



tatsoi rosette



mizuna, common member of salad mix

**Steamed Asian Greens with Honey Soy Sesame Dressing**

1 1/2 pounds spinach, baby bok choy, Chinese broccoli, or a combination  
 3 tablespoons low-sodium soy sauce  
 2 tablespoons rice wine vinegar  
 1 tablespoon honey  
 1 teaspoon sesame oil  
 1 teaspoon toasted sesame seeds, plus more for garnish

Pour about 1-inch of water into a wok and bring it to a boil over high heat. Put the greens into a bamboo steamer and cover. Put the steamer into the wok and steam the vegetables for about 5 minutes or until they are just tender. Meanwhile make the dressing by combining the soy sauce, vinegar, honey, oil, and 1 teaspoon sesame seeds in a small bowl. Put the cooked greens onto a serving platter, drizzle the dressing over them, and toss well to coat. Garnish with sesame seeds and serve immediately.

*Tyler Florence, Food Network*

**Pac Choi Stir-fry**

2 T vegetable oil  
 2 cloves of garlic, chopped  
 2 scallions, chopped white and green parts  
 1 head of Pac Choi, stalks and leaves chopped into bite sized pieces  
 1 large carrot, peeled and julienned  
 1 red bell pepper, julienned  
 1 (2 inch) piece of peeled, fresh ginger, chopped  
 1 T soy sauce

1 T brown sugar  
 1/2 T rice vinegar  
 1 tsp red pepper flakes (optional)  
 salt and pepper to taste  
 1 tsp sesame oil  
 1 T toasted sesame seeds

In a large sauce pan, heat vegetable oil over medium-high heat until hot. Toss in onion and garlic, stirring with a wooden spoon or tongs, for 2 minutes. Do not let them burn. Add the vegetables, ginger, soy sauce, sugar, vinegar, salt and pepper and stir for another minute until the vegetables are hot and slightly wilted. Sprinkle on the sesame oil and sesame seeds and serve over hot, steamed rice.

**Stir-Fried Chicken and Asian Greens**

12 ounces boned, skinned chicken breast halves  
 2 tablespoons dry sherry  
 3/4 cup fat-skimmed chicken broth  
 1 tablespoon soy sauce  
 1 tablespoon cornstarch  
 1/4 teaspoon white pepper  
 1 pound bok choy, yao choy, or Chinese mustard greens  
 1 tablespoon vegetable oil  
 1 tablespoon minced garlic  
 1 tablespoon minced fresh ginger  
 Salt

1. Rinse chicken and pat dry. Cut crosswise into strips about 1/8 inch thick and 2 to 3 inches long. In a bowl, mix chicken with sherry. In another small bowl, mix broth, soy sauce, cornstarch, and white pepper.

2. Remove and discard any yellow, damaged, or tough leaves from 1 pound Asian greens. Trim off and discard tough stem ends. For tough stalks, remove any thick side stems attached to center stalk; discard center stalk and use stems. Rinse well.

For bok choy: Cut leaves and stalks diagonally or crosswise into 1/4-inch-thick slices; separate leaves from stalks.

For Chinese mustard or yao choy: Trim stalk ends, especially if fibrous (a white, woody center is an indication). If skin on stalks is tough, peel off and discard. Cut greens into 3-inch lengths, separating leaves and thin stems from thicker stems or stalks. If any pieces are thicker than 1/2 inch, cut to that thickness.

3. Set a 14- to 16-inch wok or 12-inch frying pan over high heat. When hot, stir in the thick stem pieces and 3 tablespoons water. Cover and cook until pieces are tender-crisp to bite, 2 to 3 minutes. Add the leaves and thin stems and stir until leaves are barely wilted, 1 to 2 minutes; pour mixture into a bowl.

4. Return pan to high heat. When it's hot and any liquid has evaporated, add oil, garlic, and ginger; stir until garlic begins to brown, about 30 seconds. Add chicken and stir until no longer pink in the center (cut to test), 2 to 3 minutes. Stir broth mixture and add to pan; stir until boiling. Return greens to pan and stir until hot. Add salt to taste and pour into a serving bowl.

*from Myrecipes.com*