

Pac Choi (Bok Choy)

Also known as Bok Choy. This green is gaining popularity in the States. It comes in many variations. Pac Choi aids in healthy digestion. It is high in vitamin A, vitamin C, beta-carotene, calcium and dietary fiber.



Growing info: See Asian Greens.

Common Problems: See kale

TIPS:

Storage: See the guidelines for storing greens in this handbook.

General Cooking Info: The succulent stalks should not be thrown away! Just throw them in the pan ahead of the green parts to allow a little more cooking time. Pac Choi can also be chopped small to be used raw in salad.



Stir-fry Baby Bok Choy

Baby bok choy has a sweeter flavor than adult varieties. For a lighter taste, feel free to stir-fry the baby bok choy in olive oil. Low-sodium chicken broth can be used in place of water.

- 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 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.

from About.com

Braised Baby Bok Choy

- 1 Tbsp. canola oil
- 1 Tbsp. sesame oil
- 1 tsp. grated fresh ginger
- 3/4 pound to 1 pound bok choy or baby bok choy, washed and trimmed
- 1/4 cup vegetable broth
- 2 Tbsp. minced garlic
- 1 Tbsp. oyster sauce

- 1 Tbsp. low-sodium soy sauce
- 1 Tbsp. brown sugar

- 1.Heat the canola oil and sesame oil in a large skillet or wok over medium heat. Add grated ginger and cook 1 to 2 minutes, until ginger perfumes the oil.
 - 2.Add bok choy (if you are using regular bok choy, you can cut it into chunks if you like) to the skillet. Stir fry until the bok choy becomes bright green, about 2 minutes.
 - 3.Remove bok choy to a serving plate.
 - 4.Add broth, garlic, oyster sauce, soy sauce and brown sugar to the pan. Cook another 2 minutes or so to allow flavors to meld.
 - 5.Pour over bok choy. Serve immediately.
- Makes 4 to 6 servings.

from Suite101.com

Vegetarian Potstickers

- 1/2 pound firm tofu
- 1/2 cup finely shredded carrot
- 1/2 cup finely chopped bok choy
- 1/4 cup finely chopped water chestnuts
- 1/4 cup finely chopped bamboo shoots
- 1/4 cup finely chopped garlic chives
- 2 cloves garlic, peeled and minced
- 1 tablespoon dark soy sauce
- 1/2 teaspoon sesame oil
- 1/4 teaspoon salt
- 1 package potsticker or gyoza wrappers
- 2 tablespoons oil for frying the dumplings

Drain the tofu, cut into cubes and mash. Wash and prepare the vegetables. Combine the tofu with

the remainder of the ingredients and seasonings.

Lay out one of the gyoza wrappers in front of you. Dip your finger in the water and moisten the edges of the wrapper.

Place a heaping teaspoon of filling in the middle of the wrapper.

Fold the gyoza wrapper over the filling and pinch the edges to seal it shut. (You may want to use a cornstarch/water mixture to make this easier).

Heat 2 tablespoons oil in a large skillet or wok. When oil is ready, carefully add the dumplings and cook on high heat until golden brown (about 1 minute). Without turning the dumplings over, add 1/2 cup of water and cover. Cook for about 1 minute to cook the raw filling and then uncover and continue cooking until most of the liquid is absorbed.

Serve the potstickers with the burnt side on top, with potsticker dipping sauce or soy sauce mixed with minced ginger for dipping.

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