

BOK CHOY



WHAT DO THEY TASTE LIKE?

Bok choy has a mild cabbage like flavor with a slight peppery kick. The stalks have a crunchy yet juicy texture.

HOW DO I PICK ONE?

Choose bok choy that is compact and firm. The leaves should not be yellowing, have brown spots, holes or wilted leaves.

HOW DO I STORE THEM?

Store bok choy unwashed in the refrigerator's vegetable drawer in a breathable plastic bag. Stored correctly they can last 3-7 days.

HOW DO I PREPARE THEM?

1. Wash the leaves and stems in cold water, making sure to get in between the stalks where dirt can build up.
2. Remove the leaves from the stems and cut crosswise into thin strips.
3. Cut the stalks into small pieces 1/2 inch to 1 inch in size.
4. Remove and discard any tough parts at the bottom of the stalk.



HOW SHOULD I COOK THEM?

- Enjoy **steaming, braising, grilling and simmering** bok choy.
- It is a common ingredient in Asian dishes and popular in **stir fries**. Add stalks first and green leaves a minute or two later, towards the end of cooking so the stalks stay crisp and the leaves stay tender.
- The entire vegetable is edible and can also be eaten **raw**.
- **Chop** and add it to your salads or soups. Switch it up and use the bok choy stalks with a dip.

SIMPLE STIR FRIED BOK CHOY

Bok choy can be very simple to prepare and eat.

- 1 tablespoon vegetable oil
- 2 cloves garlic, chopped
- 1 large head bok choy (or 8 heads baby bok choy) trimmed and cut into bite sized pieces

Heat oil in a skillet over medium heat. Add garlic and cook 1-2 minutes. Add bok choy and cook 5-7 minutes until leaves turn bright green and stalks are clear. Sprinkle with salt and serve as a side or with rice.



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KITCHEN TIP!

You can freeze bok choy. Simply cook in boiling water 2 minutes, drain and rinse with cold water, then put in your freezer.