

Bok Choy

Bok Choy is a cruciferous vegetable (broccoli, cauliflower, cabbage family). It can be harvested when it is young and small (Baby Bok Choy) or as a larger, mature plant. Bok Choy does not form real “heads”, but instead grows as a cluster of leaves.

Bok Choy is very high in Vitamin C and A, and quite high in calcium, iron, and potassium. It’s a very healthy veggie!

CULINARY TIPS

Baby Bok Choy is often cooked whole or cut in half through the stem end to keep the small head intact. It is delicious pan-braised, taking just a few minutes to cook.

Bok Choy is quite mild and tender, and mature Bok Choy is a bit stronger in flavor and holds up well to stir frying. You can eat the entire head and it’s delicious raw in a slaw, or in Kimchi

HOW TO STORE BOK CHOY

Bok Choy is quite delicate. It should be stored unwashed in a plastic bag (try to remove excess air) in the crisper drawer of your refrigerator. It will keep for up to one week.

3 WAYS TO PREPARE BOK CHOY

- Pan-braise it! Sauté aromatics in a mild oil, add halved baby bok choy, face-side down, add a splash of liquid, and cook for 3-5 minutes. Season with soy sauce and sesame.
- Make soup! Chop Bok Choy and add it to any flavorful broth. It’s especially delicious in a ginger broth with noodles.
- Grill it! Slice bok choy into halves or quarters, toss with olive oil, and grill on high for a few minutes, turning once. The leaves will get crispy and smoky, and the white stems will become very tender.