

# Tatsoi

Tatsoi is a member of the Brassica family and is a variety of Asian greens closely related to Bok Choy. Indigenous to China and cultivated since the 6th century CE, the name comes from a Mandarin word which directly translates to “flat cabbage”.

It has a rosette of dark green, spoon-shaped leaves with crisp, pale green stalks. The flavor is mildly mustardy, light, and nutty.

The leaves are high in beta carotene and Vitamins A, C, and K. Tatsoi is also a source of calcium, potassium, phosphorus, and iron.

### **CULINARY TIPS**

- The entire plant is edible and can be used just like spinach.
- Eat it raw – make a salad or use the leaves as a bed for a rice dish.
- Sauté it, braise it, add it to soup or stir fry.
- Make a pesto!

### **HOW TO STORE IT**

Tatsoi has a somewhat short storage life. Store in a bag in the crisper drawer of the refrigerator for 3-5 days. Wrapping the washed leaves in a damp paper towel will help them to last longer.

### **3 WAYS TO PREPARE IT**

- Chop it up and stir it into soup, like chicken noodle, and cook for a few minutes until wilted.
- Drizzle a mixture of lemon juice, Dijon mustard, olive oil, and salt on raw tatsoi leaves for a nice salad.
- Mix it (chopped) into a quiche.

## **TATSOI STIR FRY**

2 Tbsp soy sauce  
2 Tbsp water  
2 tsp sugar  
1 Tbsp canola oil  
1 tsp sesame oil  
1 bunch tatsoi  
4 green onions, chopped  
3 cloves garlic, minced  
Crushed red pepper flakes  
2 Tbsp coarsely chopped peanuts

1. In a small bowl, mix soy sauce, water, and sugar; set aside.
2. Cut tatsoi stalks and leaves crosswise into 2-inch pieces.
3. In a wok or large, deep skillet, heat canola and sesame oils over medium-high heat. Add tatsoi, green onions, garlic, soy sauce mixture, and pepper flakes to taste. Stir-fry just until tatsoi is wilted, about 3 minutes. Stir in peanuts and serve immediately over steamed rice.

\*Recipe from In Good Heart Farm