

BRAISED BOK CHOY

Bok choy with an Asian twist!

by Chef Kurt Kwiatkowski

Featured Food: Bok Choy

Yield: Makes 4 Servings

Ingredients

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| 1 c. vegetable broth | 1 T. butter |
| 1 ½ lb. bok choy, trimmed and chopped in 1" pieces | 1 t. tamari |
| 1 T. miso paste | 1/2 t. toasted sesame oil |
| 1 clove garlic, minced | Salt and pepper to taste |
| 1 t. minced fresh ginger | |

Preparation

Bring broth to a simmer in a deep large heavy skillet.

Arrange bok choy evenly in skillet; cover and simmer until tender, about 3-5 minutes.

Use tongs to transfer bok choy to a serving dish; cover and keep warm.

Add miso paste, garlic and ginger to broth in skillet. Boil broth mixture until reduced to about ¼ cup. Stir in butter, tamari and sesame oil. Season with salt and pepper to taste. Pour sauce over bok choy and serve.