

# BRAISED BOK CHOY

Bok choy with an Asian twist!

*by Chef Kurt Kwiatkowski*

**Featured Food:** Bok Choy

**Yield:** Makes 4 Servings

## Ingredients

|  |                           |
|--|---------------------------|
| 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.