

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.