Recipe For Health  | JULY 2012

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

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.