

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Second Harvest: 6/9/15 & 6/12/15

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## Spicy Bok Choi in Garlic Sauce

- 1 pound bok choy
- 1 tablespoon vegetable oil
- 1 tablespoon sesame oil
- 1/4 cup water
- 1 teaspoon grated fresh ginger root
- 2 cloves garlic, minced
- 1 tablespoon oyster sauce
- 1 tablespoon light soy sauce
- 1 tablespoon brown sugar
- 1/8 teaspoon crushed red pepper flakes (optional)

Trim the ends of the bok choy and chop, keeping the white parts separate from the green as they will need to cook longer. Rinse and spin or pat dry. Set aside.

In a small bowl or cup, stir together the vegetable oil and sesame oil. In a separate larger bowl, stir together the water, ginger, garlic, oyster sauce, soy sauce, brown sugar and red pepper flakes. Set this aside.

Heat the oil in a large skillet or wok over medium-high heat. Add the bok choy stems first; stir fry for a few minutes or until the pieces start to turn a pale green. When stems are almost cooked, add the leaves; cook and stir until leaves are wilted, 1-2 minutes. Remove from the heat and transfer the bok choy to a serving dish. Pour the sauce into the skillet or wok, and set over medium-high heat. Cook, stirring constantly, until sauce has thickened slightly, about 3 minutes. Pour over the bok choy and toss lightly to coat.

<http://allrecipes.com>

# FIELD *notes*

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First Harvest: 6/5/12 & 6/8/12

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## **Braised Baby Bok Choy**

- 1 cup chicken broth (or 1-1/2 T of light miso and water)
- 3 tablespoons unsalted butter
- 3/4 lb. baby bok choy, trimmed
- 1/2 teaspoon Asian sesame oil

Bring broth and butter to a simmer in a deep large heavy skillet. Arrange bok choy evenly in skillet and simmer, covered, until tender, about 5 minutes. Transfer bok choy with tongs to a serving dish and cover to keep warm.

Boil broth mixture until reduced to about 1/4 cup, then stir in sesame oil and pepper to taste. Pour mixture over bok choy.

*Source: Gourmet, October issue*

**BOK CHOY** comes from the Cantonese word for “white vegetable” and is a variety found in the group *Brassica rapa chinensis*. It is used widely in Asian cuisine, but its popularity is increasing because of its versatility and winter-hardiness. Bok choy is a highly nutritious green that is related to cabbage, turnip, kale, and broccoli. It’s great cooked or served raw with hummus or any other dip, and can be used as a substitute in recipes for most other cooking greens, especially chard.