

bok choy stir fry recipe

1 1/2 pounds bok choy or baby bok choy

1 1/2 tablespoons canola, vegetable oil

5 cloves garlic, finely minced

1 teaspoon grated fresh ginger

3 tablespoons broth or water (or 2 tablespoons broth/water + 1 tablespoon wine)

salt to taste

1/2 teaspoon sesame oil

1. Start by trimming the stem off – don't trim too much – just the end. Cutting the thick stem off will ensure that the bok choy cooks evenly. Separate out the leaves, keep the tender center intact and clean under running water. Drain.

2. Finely mince garlic and grate fresh ginger with a microplane grater. Grating the ginger helps break up the tough fibers! (and yeah, sometimes when the ginger is nice and fresh, I don't even bother peeling off the paper-thin skin)

3. Place wok or frying pan on your stove and pour in the cooking oil. Add the garlic and ginger. Turn the heat to medium-high. Let the ginger and garlic gently sizzle in the oil. When the aromatics become fragrant and light golden brown, add the bok choy leaves. Toss very well to coat each leaf with the garlicky, gingery oil for 15 seconds. Pour in broth, water or wine. Immediately cover and let cook for 1 minute. Season with salt and drizzle a bit of sesame oil on top.

<http://steamykitchen.com/2112-bok-choy-stir-fry-recipe.html>