

BOK CHOY

Ingredients:

3½ lbs Bok Choy
5 tbsp Vegetable oil
5 cloves Garlic, finely minced
3 tsp grated Ginger
4 oz Chicken Stock
3 tsp Soy sauce

Directions:

Trim off thick end of stem leaving enough so that it holds together.
Separate off the outer leaves but leave the tender center intact.
If necessary wash and thoroughly dry leaves and center.
Bok Choy must be very dry.
Finely mince garlic and grate ginger.
In a large cold skillet (or two) add cooking oil, garlic, ginger and oil.
Turn heat to medium high.
When garlic and ginger become fragrant and begin to brown add Bok Choy and toss for 30 seconds.
Pour in broth cover and let steam for 1 minute, add soy sauce and serve.