

# Bok Choy

A staple in Asian cuisine! Bok Choy, also called Pak Choi or Chinese cabbage, has been grown in China for more than 6,000 years. Bok Choy was introduced to Europe in the 1800's but has always been a popular ingredient in Asian, Japanese and Chinese cuisine. As a member of the brassica family, Bok Choy has similar nutritional benefits as other cabbages. However, with its deep green leaves, Bok Choy has more beta-carotene than other cabbages; a cup of Bok Choy contains nearly the entire RDA for beta-carotene. Bok Choy is also rich in vitamins C and K, fiber, potassium, folate (vitamin B9) and calcium. A cup of Bok Choy has roughly the same amount of calcium as a cup of milk. Even better, this Asian green contains significant amounts of nitrogen compounds known as indoles, phytochemicals that are believed to deactivate estrogens that can stimulate the growth of tumors, particularly in the breast. The sulfur-containing compounds, glucosinolates, present in Bok Choy give it its unique bitter and spicy taste and also may be cancer-preventing. Store Bok Choy in a plastic bag in the crisper section of your refrigerator for up to a week. Enjoy it raw or cooked in soups and stir-fries. Besides using the leaves, you can cut up the whiter stems for a little extra crunch in your favorite stir-fry recipe. ~courtesy of Martha Berkesch

Easy Ideas for Bok Choy:

Chop the stems and wash well. Add to hot oil and sauté'. Yum, crunchy stalks with tender greens! I like to chop the stalks and wash. Add the stalks to dishes earlier for a bit more cook time and the greens at the very end. Add the chopped leaves at the end they take less time to cook! Serve with a splash of soy sauce over rice. Bok Choy- (or Pak Choi) crunchy stalks with tender greens! Make sure to chop the stalks and wash, soil likes to hide in the base.

Bok choy is extremely adaptable. Boiling, steaming, stir-frying and even deep-frying are all possibilities. Whichever cooking method you choose, be sure not to overcook the bok choy - the stalks should be tender and the leaves just wilted. The raw stalks make a great mid-afternoon snack. Feel free to experiment and use it as a substitute for cabbage in other dishes.

While most of you probably already have a favorite stir-fry recipe in which to use Bok Choy, here are a few other simple ideas to incorporate this wonderful vegetable into other dishes you may already make at home frequently: Use minced Bok Choy instead of Napa Cabbage as a filling for egg or spring rolls. Try adding some julienned Bok Choy into your Chinese Chicken Salad or Miso Soup. It also pairs well with seafood, and steamed lightly with a little seasoning, makes a nice bed on which to serve grilled fish, shrimp or scallops. Bok Choy works beautifully when sliced up in Low Mein, or chopped fine it can add a touch of additional flavor to fried rice or Egg Foo Yung. Try it in Pad Thai or Hot and Sour Soup. Even as a filling for simple dinner omelets or shredded in wraps. Whatever the use – remember Bok Choy is a highly nutritious vegetable, mildly flavored, with a crunchy texture and retains its lovely green color after cooking. Here at Cosmic, it's one of our favorite early summer crops and we hope it will become one of yours as well.

Bok Choy!!!

We love it, it loves our climate, and we want you to love it! Fun Facts, by Chloe Thompson

1. Bok choy is sometimes referred to as white cabbage, not to be confused with Napa cabbage, which is also a type of Chinese cabbage. There are many kinds of bok choy that vary in color, taste, and size, including tah tsai and joi choy. You might also find bok choy spelled pak choi, bok choi, or pak choy.
2. Bok choy might look a lot like celery, but it's a member of the cabbage family.
3. The Chinese have been cultivating the vegetable for more than 5,000 years.
4. Bok choy, known for its mild flavor, is good for stir-fries, braising, and soups. You can also eat it raw.
5. The veggie is packed with vitamins A and C. One cup of cooked bok choy provides more than 100% of the recommended dietary allowance (RDA) of A, and close to two-thirds the RDA of C.
6. The veggie takes about 2 months from planting to harvest and thrives best in milder weather.
7. Bok choy is sometimes called a "soup spoon" because of the shape of its leaves.

### **Gingered Kale and Bok Choy (Farm Family Favorite)**

- 1 bunch of kale leaves, chopped into 1- inch pieces
- 1 head of bok choy, chopped into 1- inch pieces
- 1 TBSP ginger root, minced
- 1/4 cup cilantro, chopped fine
- 1 TBSP vegetable oil
- 1 tsp soy sauce
- Salt to taste

Heat oil over high heat in a wok or frying pan until shimmering. Add in ginger and cook for one min. Add in kale and bok choy, stirring constantly to prevent burning, cooking until leaves turn a vibrant green. Sprinkle in a pinch of salt. Continuing to stir, add soy sauce and cook for another minute. Off the heat, stir in cilantro and transfer to serving dish. Add salt. Serve immediately. Serves 4-6.

### **Quick Bok Choy**

- 1 tsp. sesame oil (dark)
- 2 garlic cloves, minced
- 1 tsp. fresh ginger, peeled and minced
- 1/4 teaspoon crushed red pepper flakes (or to taste)
- 1 1/2 lbs. bok choy, carefully cleaned and cut into bite sized pieces
- 1/4 cup chicken or veggie broth
- 2 Tbsp. soy sauce
- 1 tsp. sugar
- 1/2 tsp. Arrowroot powder or cornstarch
- 1 tsp. toasted sesame seeds

Heat a large skillet or wok to med-high heat until a drop of water sizzles. Add oil to the skillet and swirl to coat the pan. Add in the garlic, ginger, and crushed red pepper; stir-fry until fragrant - about 30 seconds. Add in the bok choy; cook, stirring often, for 3 minutes. Stir in the broth, soy sauce, sugar, and arrowroot or cornstarch; bring to a boil stirring constantly. Cook 1 minute or until thickened. Remove from heat and sprinkle with sesame seeds.

### **Super Vegetable Breakfast Hash**

2TBS lard  
1 Medium leek, sliced  
1 Turnip, peeled & diced  
2 Celery stalks, diced  
½ Fennel bulb, sliced  
1c Bok Choy, chopped  
1 Garlic Curl, chopped  
Salt n' Pepper  
1tsp smoked paprika  
1tsp Oregano  
½ c ground sausage.

In a hot skillet, sauté turnip, leek, celery, fennel and bok choy in lard. Stir, cook over med/low heat for a few minutes. Cover for about 15 minutes, stir occasionally to prevent sticking. Add the sausage, leafy greens, garlic, Salt n' Pepper, paprika, and oregano, stir until garlic is fragrant and greens are wilted, about 2 minutes. Serve hot with optional tomatoes, parsley, and green onions with an egg on top prepared your favorite way.

### **Bok Choy, Swiss chard With Noodles**

Rice Noodles  
1TBS Olive Oil  
1TBS ginger, grated  
1 Shallot, diced  
Bok Choy, separate leaves and stems & chopped  
Swiss chard, separate leaves and stems & chopped  
1 Bell Pepper, chopped  
¾ c. Stock (any kind of stock)  
2TBS soy sauce  
1TBS Rice Vinegar  
½ c unsalted cashews  
Pinch red pepper flake.

Cook noodles according to package directions. In a large skillet over med/high heat, heat oil. Add shallot & ginger, sauté for 2 min. Add bok choy & chard stems, bell pepper, & a sprinkle of salt. Cook for a min. until peppers are crisp but tender. Remove peppers to a side bowl. In the same skillet, add bok choy & chard leaves, stock, soy sauce, & vinegar. Add pepper mixture back into skillet & mix. Put past into a large bowl, add skillet mix, and combine. Top with peanuts and pepper flakes.

### **Bok Choy, Spinach, & Ginger Soup**

Bok Choy  
Handful of Spinach  
Ginger  
Garlic Curl  
2tsp Soy Sauce

2 Limes  
4c Stock  
1 large Chili  
1 Red Onion

Bunch of Coriander

Finely chop the ginger, garlic, onion, & chili together. Fry in a large pan for 2 min. add the stock & soy sauce & bring to a simmer. Add the bok choy & spinach. Finely chop the coriander & add to pan. Simmer for 3 min. Serve with a lime wedge.

### **Veggies and Peanut sauce over Rice (Workshare lunch)**

Rice  
Sesame Oil  
Rice Wine Vinegar  
Peanut Butter  
Coconut Milk  
Lime Juice  
Soy Sauce  
Red Pepper Flakes  
Green onions  
Spinach  
Pea Shoots

Bok Choy (Chop stems up, and chop greens up separately)

Cook your favorite rice. To make the sauce: combine in a sauce pan Peanut Butter, Coconut Milk, with healthy splashes of rice wine vinegar, Red pepper flakes, soy sauce and Lime juice. Gently heat and adjust flavors to your pallet. Heat Sesame oil in a skillet. Add green onion, bok choy stems and pea shoots. Cook on low heat for 5 min. Add Bok Choy leaves and spinach. Cook about 2-5 min. Serve rice and veggies with sauce on the top. You can chop up some sorrel for the top too!

### **Stir-Fried Pork with Carrots and Bok Choy**

1 ½ lb. Cosmic pork steak, cut into 1" cubes  
3 Tbl. sesame oil  
1/2 c. stock  
1/2 tsp. celery seeds  
1 tsp. Salt  
1/4 tsp. fresh-ground black pepper  
1 1/2 tsp. Cornstarch or arrowroot powder  
1 Tbl. Water  
1 onion, cut into thin slices  
1/4 c. fresh orange juice  
2 cloves garlic, minced  
3 carrots cut into 2-inch-long slices about 1/2-inch wide and 1/8-inch thick  
1/2 lb. bok choy, cut into 1-inch pieces (about 3 cups)

In a medium bowl, toss the pork loin with 1/4 teaspoon of the salt and the pepper. In a large frying pan or wok, heat 1 tablespoon of the oil over moderately high heat. Add half the pork and cook, stirring, until browned, 2 to 3 minutes. Remove. Repeat with another tablespoon of the oil and the remaining pork. Remove. In a small bowl, combine the cornstarch and water. Heat the remaining 1 tablespoon oil in the pan. Add the onion, carrots, bok choy, garlic, and celery seeds. Cook, stirring, for 3 minutes. Stir in the broth and orange juice and bring to a simmer. Add the pork and any accumulated juices and the remaining 3/4 teaspoon salt and simmer until the meat is just done, 1 to 2 minutes. Add the cornstarch mixture and cook, stirring, until the sauce thickens, about 1 minute.

### **Bok Choy with Gingery Butter Sauce (Farm Family Favorite)**

2 medium choy, sliced crosswise into 1-inch strips

6 Tbls butter

2 Tbls soy sauce

1 Tbls grated fresh ginger

1 baby garlic, minced

1 Tbls finely chopped fresh cilantro

Salt and pepper

Bring a large pot of water to a boil. Add the choy and cook until tender but still crisp, 2- minutes. Drain in a colander and immediately run under cold water. Drain well. Melt the butter in a large skillet over medium heat. Add the soy sauce, ginger, garlic and choy. Cook, stirring constantly, until the choy is well coated and heated through. Remove the skillet from heat. Stir in the cilantro. Season with salt and pepper to taste. Serve immediately. \*Farmer John's Cookbook

### **Kimchi with Bok Choy #1**

1 head Bok Choy, cored and shredded

1 bunch green onions, chopped

1 cup carrots, grated

1 tbls freshly grated ginger

3 cloves garlic, peeled and minced

1/2 tsp dried Chile flakes

1 tbls sea salt

4 tbls whey (or additional 1 tbls salt)

Place vegetables, ginger, garlic, red Chile flakes, sea salt and whey in a bowl and pound with a wooden pounder or meat hammer to release juices. Place in a quart-sized, wide mouth mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the vegetables should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage. \*Nourishing Traditions

### **Homemade Kimchi with Bok Choy #2**

3 lbs. bok choy roughly chopped

1 t salt

1 t sugar

1-2 T red pepper flakes  
1 T paprika  
1 T fresh ginger, minced  
2 garlic curls, chopped  
1 t soy sauce  
1 t sesame oil

Clean and roughly chop bok choy. In a large bowl, combine all of the ingredients and mix together until well combined. Evenly fill two quart jars with greens mixture and let sit at room temperature for 2-3 days, taste testing how sour you prefer the kimchi. While the greens sit, give the jars a shake or stir so the greens at the top will transfer to the bottom of the jar. Place jars in the fridge once the taste is to your liking and in about a week the kimchi is ready. You will know when the greens will smell a bit sour.

### **Stir-Fried Bok Choy with Mushrooms and Cashews**

1/4 cup chopped unsalted cashews  
8 oz. dry rice noodles  
6 Tbls peanut oil  
1 bok choy  
8 fresh shiitake mushrooms, sliced  
8 dried shiitake mushrooms, rehydrated  
3 scallions sliced in 1-inch pieces  
1/4 cup water  
2 Tbls rice vinegar  
2 Tbls soy sauce  
1 Tsp toasted sesame oil  
1 Tbls chopped cilantro leaves

Preheat the oven to 350. Toast the cashews. Cook the rice noodles. Heat a wok with 3 Tbls of peanut oil. Stir-fry choy stems for 2 minutes. Add mushrooms, scallions and choy leaves. Add the water and cook, stirring constantly, until most of the liquid has evaporated, 8-12 minutes. Whisk 3 Tbls peanut oil, rice vinegar, soy sauce and sesame oil. Pour over the vegetables, add noodles and toss. Garnish with cashews and cilantro. \*Farmer John's Cookbook

### **Bacon Bok Choy**

4 slices Cosmic bacon, chopped, fried  
2 pounds of bok choy  
1 tsp olive oil  
1/2 small onion, chopped  
1 tsp red pepper flakes  
1 tsp minced garlic  
Salt and pepper to taste

Add the olive oil, onion, red pepper flakes, and garlic. Cook and stir over medium heat until the onions are turning tender. Add choy, cover & cook for 3-5 minutes. Remove lid; stir until choy is tender but still crunchy, about 2 minutes. Add bacon, salt & pepper.

### **Stir Fried Bok Choy w/Garlic & Ginger**

1 T olive oil  
2 garlic curls, minced  
1 T minced fresh ginger  
8 cups chopped fresh bok choy  
2 T soy sauce  
Salt and ground black pepper

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add bok choy and soy sauce cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender. Salt & pepper to taste. Serve with your choice of Cosmic Meat, or tempeh.

### **Thai Bok Choy with Garlic Curl**

1 head bok choy  
1-3 T sesame oil  
For the sauce, mix together thoroughly  
Juice of half a lime  
2 T fish sauce  
2 T soy sauce  
2 T brown sugar  
2 T sweet Chile paste (or 3-4 T sugar and ½-1 t hot crushed red pepper)  
1 heaping T of pureed or minced garlic curl

Heat wok or frying pan up almost high, add oil, and swirl around. Add bok choy and cook, stirring 2-3 min. Add a small amount of stir fry sauce and cook, another minute or two, waiting for the sauce to caramelize a bit. Repeat a couple of times over the next 2-4 minutes until sauce is used up and bok choy is tender crisp.

### **Bok Choy Peanut Noodle Salad**

1/2 cup coconut milk  
1/2 cup tomatoes  
1/4 cup peanut butter  
3 T soy sauce  
Juice of 1 lime  
2 t minced ginger  
1 t minced garlic  
1 T honey  
Siracha, to taste  
8 oz. soba, udon, or rice noodles  
1 head bok choy, chopped  
1 1/2 cups snap peas  
1/4 cup fresh cilantro, chopped

Combine the coconut milk, tomatoes, peanut butter, soy sauce, lime, ginger, garlic, and honey to the bowl of a food processor. Process until smooth. Add Sracha (or your own homemade hot sauce) to taste. Cook noodles al dente and set aside. Sauté bok choy stems until crisp-tender. Add leaves and snap peas and cook until just wilted. Add noodles to the pan and pour the peanut sauce over, tossing to coat. Serve warm or at room temperature, topped with fresh cilantro. - Adapted from Marcus Samuelsson

### **Bok Choy & Pea Shoots Sesame Noodles**

2 Tbsp. sesame oil  
2 medium heads of Bok Choy, chopped  
10 oz. soba noodles or rice noodles  
2 tsp rice vinegar  
4 tsp tamari or soy sauce  
2 tsp honey  
2 tsp toasted sesame oil  
4 scallions, finely chopped  
1/4 cup sesame seeds  
2 cups pea shoots, roughly chopped

Cook soba noodles, drain and set aside. Heat a little oil in a large skillet. Add the chopped garlic and sauté over medium-high heat until it begins to soften. Add the chopped bok choy and continue to sauté over medium heat (tossing occasionally) until the bok choy is just cooked (no longer crunchy). Set aside. In a large bowl, combine the vinegar, tamari, honey and sesame oil. Whisk to combine. Toss in the noodles and mix to coat. Add the bok choy and garlic mixture, chopped scallions, sesame seeds, and pea shoots, and then mix it all together. This dish is delicious at any temperature.

### **Basic Bok Choy (Farm Family Favorite)**

1 T. olive oil  
2 cloves garlic, minced  
1 T. minced fresh ginger  
2 T. soy sauce  
8 cups chopped fresh bok choy  
Salt and ground black pepper

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 min. Add bok choy and soy sauce cook 3 to 5 min., until greens are wilted and stalks are crisp + tender. Season, to taste, with salt and black pepper

### **Spring Green Sauté**

Heat some sesame oil in a skillet; Cook some Cosmic Apple Beef Stir Fry. Add some fresh ginger or garlic. Chop and add kale and Bok Choy stems. Cook for a couple of minutes. Add Spinach and bok choy leaves. Sprinkle with soy sauce and sesame seeds. Serve on rice, or rice noodles.

### **Carrot, Bean and Bok Choy Stir Fry**

1 t. peanut oil

3 T. minced shallots  
2 carrots, sliced diagonally  
1 c. fresh green beans cut into 1 inch pieces  
1 c. chopped bok choy  
1/3 c. vegetable broth  
1 T. soy sauce

Heat the oil in a wok or skillet over high heat. Add the shallots and sauté for 3 min. add the carrots and stir fry for 3 min. add the green beans and stir fry for 2 min. add the bok choy and stir fry for 2 min. add the broth and simmer for 2 minutes. Add the soy sauce and serve over rice, rice noodle or on its own.  
Great with Cosmic Apple Beef Stir-fry!

### **Sesame Green Beans and Bok Choy**

1 Bok Choy  
1 lb. Trimmed green beans  
2 T. Sesame oil  
1 T. toasted Sesame seeds  
Generous pinches of salt

Partially fill a large wide pot with water and bring to a boil. Meanwhile, trim ends from bok choy. Rinse under cold running water to remove any grit. Pat dry. Slice stalks and leaves crosswise into large pieces. Rinse well. When water comes to a boil, add beans and cook just until almost tender, from 1 to 3 min. Add bok choy. Cook, uncovered, stirring occasionally, until beans and bok choy are tender-crisp and bright green, from 2 to 3 more min. Drain vegetables well. Return to pot and set on the burner. Stir until any excess liquid is evaporated, from 1 to 2 min. Drizzle with sesame oil and sprinkle with sesame seeds and salt. Stir to evenly mix. Serve immediately.

### **Simple Stir-Fry**

1 Bok choy, chopped coarsely, about 2 c.  
½ c. chopped onion  
1 c. thinly sliced carrot  
1 tsp. sesame oil  
½ tsp. soy sauce  
Black pepper to taste

Heat oil in a wok or large frying pan on high. Add carrots and sauté about a minute. Add bok choy and onion. Sauté about four minutes or until bok choy is wilted (but stems are still kind of crunchy). Add pepper and stir in the soy sauce right at the end. This would be great over rice with Cosmic Apple Beef Stir fry!

### **Creamy Choi Soup**

1 T peanut oil  
½ c. chopped scallions  
3 cloves garlic, minced  
2 t. ginger, minced

1-2 heads Bok choy  
1 large potato, peeled and diced  
3 c. veggie stock or water  
3/4 t. salt ¼ t. pepper  
1 t. toasted sesame oil  
Hot pepper flakes to taste  
2 T. sour cream

Heat peanut oil in a med. pot over high heat. Saving 2T. of scallions for garnish, add the rest of the scallions, garlic and ginger to the oil. Stir, cooking for 1 min. Add choy and potato. Pour stock or water in. Add salt, pepper and red pepper. Bring to a boil. Cover and reduce heat. Simmer until potato is tender, about 20 min. Remove from heat. Stir in toasted sesame oil. Puree' soup. Ladle into bowls. Garnish with sour cream and scallions. From Farmer John's Cookbook

### **Thai Bok Choy with Garlic Curls and Garnishes**

Nice served over steamed Jasmine Rice, maybe with some grilled fish or lemongrass-scented chicken?

About 5 or 6 cups washed, trimmed and chopped bok choy, or about 2 small heads

3 or 4 garlic curls, trimmed and minced

2 tablespoons high-heat vegetable oil, to fry

In a large wok or frypan over medium high heat, add the oil, then immediately the garlic curl and bok choy. Stir-fry for 3-4 minutes, until greens begin to wilt. Meanwhile, whisk together the juice of 1 lime, 2 tablespoons soy sauce, 2 tablespoons Thai Sweet Red Chili Paste, 2 tablespoons Noc Mam sauce, optional De-glaze the pan with the sauce, stirring to coat greens and pick up pan juices. Cook for another minute or two, then serve hot, on steamed rice or rice noodles, garnished with any or all of the following: Chopped fresh basil, mint, chives, scallions or another favorite herb of yours. Chopped toasted peanuts, almonds, or cashews. Strips of marinated tofu or steamed bay shrimp. Top with Sweet Chili Sauce or a nice spicy Garlic-Chili sauce. Even just a squeeze of additional lime juice over the top is yummy, too.

**Chicken Noodle Bok Choy Soup (Shareholder Favorite)** Sent in by Lucinda Mortenson who runs a daycare, and knows what kids can eat! "Here is this FABULOUS recipe. The children at my school from age 1 and up absolutely love it. Any mushrooms can be used and we like udon noodles the best! Any age of Bok Choy works.

1-1/2 Tbs. Olive oil

4 cups diced (1/4-inch) carrot

2-inch piece fresh ginger, peeled and thinly sliced

1 or 2 fresh Thai bird chiles, cut into disks

Kosher salt

3 quarts Chicken Broth

3-1/2 to 4 cups shredded, cooked chicken

5 cups cooked-until-barely-tender ramen noodles, rinsed

1/2 lb. baby bok choy, thinly sliced

8 oz. shiitake mushrooms, stemmed and sliced

1 to 3 Tbs. soy sauce

1 tsp. to 2 Tbs. white vinegar

1 tsp. to 2 Tbs. brown sugar

1/2 tsp. to 1 Tbs. sesame oil

Freshly ground black pepper

1/2 cup thinly sliced scallions for serving (optional)

TIP: If you made the chicken broth yourself, use the cooked meat from that bird; otherwise you can use the meat from a store-bought rotisserie chicken.

Heat the oil over medium-high heat in a large (at least 8-quart), heavy-duty pot or Dutch oven. Add the carrot, ginger, Thai bird chile, and 1/2 Tbs. salt. Cook, stirring occasionally, until the vegetables are softened and lightly browned in places, 4 to 6 minutes. Add the broth and bring to a boil. Reduce to a simmer and cook, stirring, until the vegetables are completely tender, 20 to 30 minutes. Stir in the reserved shredded chicken, ramen noodles, bok choy, and mushrooms. Simmer, stirring occasionally, until all are tender and the flavors meld, 10 to 15 minutes. Stir in 1 Tbs. of the soy sauce, 1 tsp. of the vinegar, 1 tsp. of the sugar, and 1/2 tsp. of the sesame oil. Taste, and add more soy sauce, vinegar, sugar, and sesame oil, a little at a time, until the soup has a nicely balanced flavor. Season with salt and pepper to taste. Garnish each bowl with a 1 Tbs. of the scallions, if you like.