

## Beautiful Bok Choy

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Cultivated in China since ancient times, bok choy is one of Asia's most popular vegetables. Its light crisp cabbage like flavour is the perfect foil for the sweet and spicy flavours of Asian cuisine. Also known as Chinese white cabbage, pak choi, white celery mustard, bok choy is a low calorie, nutritional powerhouse that is easy to prepare.

- Bok Choy belongs to the Crucifer family, a collection of highly nutritious cancer fighting vegetables that include cabbage, arugula, broccoli, cauliflower, kale, rutabagas, watercress and more.
- Like all crucifers, bok choy is full of antioxidants that protect our bodies from free radicals, which damage our DNA and cells. Free radicals can cause premature aging, cancer, cataracts, a weak immune system, and heart disease. Antioxidants neutralize these free radicals.
- Bok choy is a good source of fibre, vitamin C, vitamin A, folic acid and calcium. It has more beta carotene than other members of the cabbage family and is a great source of cancer fighting indoles.

Not only is bok choy a nutritional powerhouse, it is, in culinary terms, the equivalent of buying two vegetables for the price of one because the leaves and stalks have different textures that can be used for multiple purposes.

- The stalks are popular in stir fries. You simply wash them thoroughly and stir fry with sesame oil while seasoning them with garlic, ginger, toasted sesame, and or soy sauce.
- The leaves are a perfect addition to soups and stews. If combining leaves and stems in the same dish, it is important to cook the stems first and add the leaves at the end.
- The key to bok choy is to keep it simple and cook it quickly. Bok choy combines nicely with shiitake mushrooms, most meat and seafood, and other vegetables, especially carrots. In addition to stir fried and soups, bok choy, tastes great steamed.

Bok choy does not store well and should be eaten within a few days. You can store it in a perforated plastic bag or plastic container in your refrigerator for a few days. Trim off the heavy base and discard blemished leaves. Dirt has a tendency to collect on the inside of bok choy stems so you may need to separate the stems when washing. Cut leaves from stems and cook separately.