



Braised Bok Choy

Makes 4 servings



1 cup vegetable broth
1½ pounds bok choy
(trimmed and chopped into
1" pieces)
1 tbsp miso paste
1 clove minced garlic

1 tsp minced fresh ginger
1 tbsp butter
1 tsp tamarind
1/2 tsp toasted sesame oil
Salt and pepper to taste

1. Bring broth to a simmer in a large, deep, heavy skillet.
2. Arrange bok choy evenly in skillet and simmer, covered, until tender, about 3-5 minutes.
3. Transfer bok choy with tongs to a serving dish and keep warm, covered.
4. Boil broth mixture until reduced to about 1/4 cup, then stir in butter, tamarind and sesame oil, then season with salt and pepper to taste.
5. Pour mixture over bok choy and serve.

Recipe provided by Michigan State University Chef Kurt Kwiatkowski



Braised Bok Choy

Makes 4 servings



1 cup vegetable broth
1½ pounds bok choy
(trimmed and chopped into
1" pieces)
1 tbsp miso paste
1 clove minced garlic

1 tsp minced fresh ginger
1 tbsp butter
1 tsp tamarind
1/2 tsp toasted sesame oil
Salt and pepper to taste

1. Bring broth to a simmer in a large, deep, heavy skillet.
2. Arrange bok choy evenly in skillet and simmer, covered, until tender, about 3-5 minutes.
3. Transfer bok choy with tongs to a serving dish and keep warm, covered.
4. Boil broth mixture until reduced to about 1/4 cup, then stir in butter, tamarind and sesame oil, then season with salt and pepper to taste.
5. Pour mixture over bok choy and serve.

Recipe provided by Michigan State University Chef Kurt Kwiatkowski



Braised Bok Choy

Makes 4 servings



1 cup vegetable broth
1½ pounds bok choy
(trimmed and chopped into
1" pieces)
1 tbsp miso paste
1 clove minced garlic

1 tsp minced fresh ginger
1 tbsp butter
1 tsp tamarind
1/2 tsp toasted sesame oil
Salt and pepper to taste

1. Bring broth to a simmer in a large, deep, heavy skillet.
2. Arrange bok choy evenly in skillet and simmer, covered, until tender, about 3-5 minutes.
3. Transfer bok choy with tongs to a serving dish and keep warm, covered.
4. Boil broth mixture until reduced to about 1/4 cup, then stir in butter, tamarind and sesame oil, then season with salt and pepper to taste.
5. Pour mixture over bok choy and serve.

Recipe provided by Michigan State University Chef Kurt Kwiatkowski



Braised Bok Choy

Makes 4 servings



1 cup vegetable broth
1½ pounds bok choy
(trimmed and chopped into
1" pieces)
1 tbsp miso paste
1 clove minced garlic

1 tsp minced fresh ginger
1 tbsp butter
1 tsp tamarind
1/2 tsp toasted sesame oil
Salt and pepper to taste

1. Bring broth to a simmer in a large, deep, heavy skillet.
2. Arrange bok choy evenly in skillet and simmer, covered, until tender, about 3-5 minutes.
3. Transfer bok choy with tongs to a serving dish and keep warm, covered.
4. Boil broth mixture until reduced to about 1/4 cup, then stir in butter, tamarind and sesame oil, then season with salt and pepper to taste.
5. Pour mixture over bok choy and serve.

Recipe provided by Michigan State University Chef Kurt Kwiatkowski



Farmers Market Food Safety Tips

- Wash hands thoroughly before and after handling fresh produce.
- Remove any wilted or damaged bok choy leaves before preparing.
- Before using bok choy, cut out core with a sharp knife, rinse leaves with cold running water, and drain thoroughly.
- Store bok choy in a plastic bag or wrap in the refrigerator at or below 41°F. Bok choy will stay fresh for several weeks if stored properly.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

Farmers Market Food Safety Tips

- Wash hands thoroughly before and after handling fresh produce.
- Remove any wilted or damaged bok choy leaves before preparing.
- Before using bok choy, cut out core with a sharp knife, rinse leaves with cold running water, and drain thoroughly.
- Store bok choy in a plastic bag or wrap in the refrigerator at or below 41°F. Bok choy will stay fresh for several weeks if stored properly.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

Farmers Market Food Safety Tips

- Wash hands thoroughly before and after handling fresh produce.
- Remove any wilted or damaged bok choy leaves before preparing.
- Before using bok choy, cut out core with a sharp knife, rinse leaves with cold running water, and drain thoroughly.
- Store bok choy in a plastic bag or wrap in the refrigerator at or below 41°F. Bok choy will stay fresh for several weeks if stored properly.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

Farmers Market Food Safety Tips

- Wash hands thoroughly before and after handling fresh produce.
- Remove any wilted or damaged bok choy leaves before preparing.
- Before using bok choy, cut out core with a sharp knife, rinse leaves with cold running water, and drain thoroughly.
- Store bok choy in a plastic bag or wrap in the refrigerator at or below 41°F. Bok choy will stay fresh for several weeks if stored properly.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.