

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

- 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.
- 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





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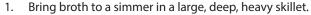
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Farmers Market Food Safety Tips

- 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.

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