

Serves 3 to 4

1 pound bok choy  
1 tablespoon oyster sauce  
3 tablespoons chicken broth  
2 tablespoons vegetable or  
peanut oil  
2 cloves garlic, crushed  
½ teaspoon salt

## Stir-Fried Bok Choy

*If you like, thicken the sauce by stirring in 1 teaspoon cornstarch mixed with 2 teaspoons water at the end of cooking. Stir quickly until the sauce has thickened and serve immediately.*



1. Separate the leaves of the bok choy from the stalks. Cut the stalks diagonally into 2-inch pieces. Cut the leaves crosswise into 2-inch pieces.
2. Stir the oyster sauce into the chicken broth. Set aside.
3. Heat a wok or skillet over medium-high heat until it is almost smoking. Add the oil. When the oil is hot, add the crushed garlic. Stir-fry for 10 seconds, then add the bok choy stalks. Add the salt. Stir-fry for 1 minute, then add the leaves. Stir-fry for 1 more minute or until the bok choy turns bright green.
4. Add the chicken broth/oyster sauce mixture into the wok. Bring to a boil. Stir-fry for another minute and serve hot.

**Beautiful Bok Choy** The most popular vegetable in Chinese cooking, bok choy has white stalks and beautiful emerald leaves. Normally, bok choy stalks are separated from the leaves and stir-fried for a bit longer. However, if you're lucky enough to find baby bok choy, a smaller version of regular bok choy with a more delicate flavor, simply cut it in half lengthwise before stir-frying.