

Gai Choy



4607 – PLU

Description/Taste

Gai Choy has been compared to appear as a loose-heading Chinese cabbage. As noted, all Gai Choy varieties' leaves, color and flavor vary. Leaves can be matte finished, crinkled or smooth with colors ranging from pale to bright green. The ribs are generally always thick, fleshy and succulent, hosting the majority of the plants water reservoirs. The ribs are distinguished by longitudinal creamy green variegation's whose prominence varies. The flavor of Gai Choy is true to the mustard family. Its pungent, peppery and reminiscent of wasabi mustard with a more robust depth when cooked. Gai Choy is harvested both young and at maturity. Mature Gai Choy should be cooked for best digestion.

Current Facts

Gai Choy, botanical name *Brassica juncea*, also known as Chinese mustard, Swatow mustard greens, mustard cabbage and Indian mustard, is the singular most relevant of all Chinese mustards. There are at least 50 varieties of Gai Choy with appearances and flavors that vary widely. Some varieties include bau sin, nan fong, shi-li-hon and chi-sin.

Nutritional Value

Gai Choy inherently contains high concentrations of sinigrin, a glucosinolate which is active in the body and reduces the risk of certain cancers. It has also historically played a role in Chinese medicine. Liquid remedies of Gai Choy are used to reduce risk of inflammation, cure the effects of colds and the flu.

Applications

Gai Choy has a traditional and everyday presence in Chinese, Korean, Japanese, African, and Italian cooking. Gai Choy greens can be used in preparations both hot and cold, utilized as a salad green when young, braised green or pot herb when mature. Gai Choy pairs well with rich meats such as pork, lamb and game, tofu, ginger, garlic, creamy sauces and melting cheeses, the compliment of other greens, apples, pears, cucumbers, citrus, vinegars, especially apple cider and rice, herbs and spices including cumin, cilantro, dill, garlic, fennel and coriander. The seeds of the Gai Choy plant can be sprouted and eaten raw, eaten in dried form as a spice or pickled. If crops are left to bolt, the plant's seeds can be used to make mustard paste and the condiment, we simply refer to as mustard.

Stir Fried Ginger Chicken with Gai Choy

Stir-Fried Chicken and Gai Choy is an easy stir fry recipe that only requires 15 minutes of cooking to make! This dish is full of flavor, yet light on the waistline!

Prep Time: 30 mins

Cook Time: 15 mins

Total Time: 45 mins

Course: Main Dish

Cuisine: Asian

Servings: 3-4

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Ingredients

- 1 lb chicken breast fillets (sliced)
- 1 tbsp corn flour
- 1 tbsp dry sherry
- 1 bunch gai choy (cut into 3 in pieces)
- 1 tsp minced ginger
- ½ tsp Minced Garlic
- 4 tbsp Oyster Sauce
- 1 tbsp cooking oil



To Prep

1. Marinate chicken in corn flour, dry sherry and ginger for 30 mins.
2. Wash and cut gai choy, discarding any old or tough leaves.

To Cook

1. Heat ½ tbsp oil in a wok, add garlic and gai choy, stir-fry for 2 mins. Remove from wok.
2. Heat remaining oil in a wok and stir-fry chicken for 5 mins.
3. Add oyster sauce and vegetables, combine well.
4. Serve with rice or noodles.