

Baby Bok Choy



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Description/Taste

Baby bok choy has 3"-4" inch long, green leaves with characteristic succulent white stems. The texture is tender and mild and is known as "white cabbage" in Asian countries. The petite bok choy offers a sweeter flavor than the mature bok choy with a taste comparable to Swiss chard.

Current Facts

Also known as bak choy, paak choy, Chinese chard cabbage and Chinese mustard cabbage, bok choy is member of the cabbage family, *Brassica chinensis*. *Chinensis* varieties do not form heads, rather they grow leafy blades much like celery and mustard.

Nutritional Value

Like other cabbage, baby bok choy is an excellent source of vitamin C, a good source of vitamin A, contains several minerals, and is low in calories. This nutritious green is ideal roughage to aid digestion.

Applications

Best-cooked whole, the stems and leaves of baby bok choy may be boiled, steamed, sautéed or braised. Add its mild taste and tender texture to stir-fries, stews and soups. Its subtle flavor pairs well with poultry, beef, shellfish, lamb or pork. Use as a substitute for cabbage

Oven-Roasted Baby Bok Choy

This Oven-Roasted Baby Bok Choy Recipe will quickly make bok choy one of your family's favorite side dishes.

Prep Time 10 mins
Cook Time 15 mins
Total Time 25 mins

Course: Side Dish
Cuisine: Asian

Servings: 4

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Ingredients

- 2 pounds baby bok choy
- 4 cloves garlic (use more or less garlic per your taste)
- 4 tablespoons [extra virgin olive oil](#)
- 1/2 teaspoon [sea salt](#)
- 1/2 teaspoon [black pepper](#)
- 1 Lemon (sliced into rounds to use as a garnish)



Instructions

1. Preheat oven to 450° F
2. Cut each bok choy in half and wash it thoroughly in a sink of water.
3. Dry it on a large towel or salad spinner, making sure to get it completely dry.
4. Add the bok choy to a large cookie sheet Arrange the bok choy with the stems towards the edge of the pan. (This helps the ends get tender before the leaves get too done.)
5. Peel and crush the garlic cloves (crushing the garlic will help to infuse the flavor in the oil)
6. Heat the olive oil in a small pan over medium-low heat and add the garlic. (Let the garlic cook in the oil while you prep the bok choy. If at any point it starts to turn brown, remove it from the heat. Garlic burns quick and is very bitter when it does.)
7. Remove the garlic from the oil and discard. Set the oil aside to slightly cool.
8. Drizzle the oil over bok choy. (You can use a brush to make sure the oil is evenly coated.)
9. Sprinkle with sea salt and pepper, coat everything evenly.
10. Bake for approximately 8 minutes, or until it is tender to your liking. (These cook rather quickly so if you want them a little browner, you can turn the oven up to 500 degrees F. The caramelized bottoms are delicious!)
11. We like to serve the baby bok choy with a squeeze of lemon, but that's totally optional.