

Pantry News

May 2020 Issue # 3

We hope you enjoy our third issue of *Pantry News*. A newsletter designed with you in mind! You will have the opportunity to try out new recipes using food items that you receive in your bag.

This month a generous donation was made by **Willow Wisp Organic Farm** in Damascus. They have given us Bok Choy.

Below you will find some interesting facts about Bok Choy and a few different ways to prepare it.—Information on the Bok Choy was provided by Jane Bollinger.

BOK CHOY



Also called Chinese white cabbage, bok choy has a mild flavor and is excellent for introducing even fussy eaters to the world of leafy greens. Both stalks and leaves are edible, either raw or cooked. Stored in the bag it came in, it should last five days in the refrigerator. When ready to use, start by cutting off the root end to liberate the white stalks; run stalks and leaves under cold water to clean. Bok choy is high in fiber, low calorie (9 calories per cup), rich in vitamins A, C, and K, as well as a great source of calcium, folate, and magnesium.

Stir fry, braise, steam, bake, put in soups, or serve fresh & raw in a salad to add crunch....

Slaw— this recipe gives a nod to Asian ingredients and flavors— **FOR THE SLAW:** Toss together in a bowl: 3 cups thinly sliced raw bok choy stalks, 1 shredded carrot, 1 thinly sliced scallion. **FOR THE DRESSING:** Whisk together 1/8 to 1/4 teaspoon minced garlic (to taste), 2 tablespoons vinegar (rice wine vinegar is nice), 2 teaspoons sesame oil (or any vegetable oil), 1 teaspoon honey (or 1 teaspoon light brown sugar), 1 teaspoon mustard (preferably Dijon mustard), and a pinch of salt. Drizzle over the salad ingredients, toss and serve.

Sauté— Because the stalks and leaves cook at different times, cut the stems and leaves separately — half-inch slices for the stems, half-inch ribbons for the leaves.

This basic stir-fry recipe below can be served as is, or you can add meat to make it more substantial. Quick and easy. Serve with fluffy rice or over noodles in soup

Easy Bok Choy—

Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium heat. Cook 1 clove of garlic (that has been crushed and chopped) in the hot oil until fragrant, 1 to 2 minutes. Mix in bok choy. Cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes. Sprinkle with salt to serve.

Oven-Roasted Bok Choy

Ingredients-	1 head bok choy (washed)	1 head garlic (minced)
	2 TB olive oil	1/4 to 1/2 tsp salt (to taste)
	1/4 tsp ground black pepper	1/2 tsp sesame seeds (optional)

Directions— Preheat oven to 400. Position oven rack in the middle of the oven. Slice each head of bok choy length-wise— in quarters if the head is large, in half if the head is smaller. Wash the bok choy under cold running water and dry as best you can using paper towels. Lay bok choy quarters on greased baking sheet and drizzle with olive oil. Sprinkle with salt, red pepper flakes (optional) and ground black pepper. Sprinkle with minced garlic, distributing evenly. Roast for 10 minutes (less time if you're working with very small baby bok choy), flip the bok choy onto the other side and roast for another 6-8 minutes, until the leaves become crispy and stalks start to brown. Sprinkle with sesame seeds (optional). Serve immediately.