

October 8, 1995

Stir-Fried Baby Bok Choy

About 1 to 2 lbs. baby bok choy

About 1/4 cup oil

3 cloves of garlic ← can finely chop

2 pieces of ginger ← can omit

About 2 teaspoons salt

Chicken broth

About 3 teaspoons cornstarch plus about 3 teaspoons water

Separate the leaves of the baby bok choy, and wash them. Heat oil in wok. Add garlic, ginger, and salt. Stir-fry about 15 seconds. Add baby bok choy. Stir-fry about 1 to 1 1/2 minutes. Add chicken broth until cover about 3/4 of the bok choy with chicken broth. Cover the wok. Let cook for about 4 to 6 minutes (check every 2 minutes, want bok choy to be tender but not mushy). Arrange bok choy on a plate. Mix some of the cornstarch and water mixture into the remaining chicken broth in the wok (want to thicken the sauce slightly), and stir-fry about 15 to 30 seconds. Pour sauce on the bok choy.