

Garlic Bok Choy

The Forked Spoon

<https://theforkedspoon.com/bok-choy-recipe/>

Adapted by HdeH

Serve: 2

- 1 teaspoon vegetable oil
- 2 garlic gloves minced
- 2 tablespoons fried shallots
- 1 Baby bok choy cut in four lengthwise
- 1 tablespoon Soy sauce
- 1 teaspoon Sesame oil
- Dash of crushed red pepper
- Amai Sauce



Photography Henri T. de Hahn

1. Halve or quarter each stalk (depending on the size of the bok choy) and wash under cold running water.
2. Heat a large skillet or wok over medium-high heat and add vegetable oil. Swirl to coat the entire surface of the pan. As soon as the oil is hot, add the garlic and the shallots, and sauté for 1-2 minutes, stirring continuously.
3. Add the bok choy, soy sauce, and sesame oil. Toss and cover, cook approximately 2 minutes before uncovering. Add Amai sauce (1-2 tablespoons) and continue to cook the bok choy at low heat until white parts reach desired doneness.
4. Sprinkle with crushed red pepper, if using, and drizzle with additional sesame oil, if desired.

Amai Sauce

Essentially a sweet and sour sauce, this is used primarily for dipping. It keeps for a few weeks in the fridge.

Makes ½ cup

- 1 tablespoon malt vinegar
- 3 tablespoons sugar
- 2 tablespoons soy sauce
- Pinch of salt
- 1-½ tablespoons tomato ketchup
- 2 teaspoons tamarind paste

1. Gently heat the vinegar, sugar, and soy sauce in a small pan until the sugar has dissolved. Stir in the remaining ingredients and set aside to cool.
2. To make tamarind paste: You can buy it in ethnic food stores, either as a concentrate that needs diluting with water, as a paste to use as is, or in a block. If you buy the block, soak for 1 hour in 2 ¼ cups boiling water then manipulate the pulp with your fingers to extract as much of it as possible from the seeds and pass through a sieve, discarding what is left in the strainer.

NOTE: Serve bok choy with crumbled feta cheese and seared tuna with white and black sesame seeds.