

## Stir-fry Baby Bok Choy

Baby bok choy has a sweeter flavor than adult varieties. For a lighter taste, stir-fry in olive oil. Chicken or vegetable broth may be used in place of water.

Cook Time: 5 minutes

4 bunches baby bok choy (basically, 1 bunch per person)

2 slices ginger

2 tablespoons soy sauce

1 teaspoon sugar, or to taste

1/4 teaspoon salt, or to taste

1/4 cup water

A few drops sesame oil

1 1/2 tablespoons vegetable oil for stir-frying

Wash the baby bok choy and drain. Separate the stalks and leaves. Cut the stalk diagonally and cut the leaves across.

Heat oil in wok, skillet or sauté pan. Add ginger and stir-fry briefly, for about 30 seconds, until the ginger is aromatic. Add the bok choy (stalks first). Stir in the soy sauce, sugar, salt. Sauté on high heat for 1 minute. Add the water, cover the wok and simmer for about 2 minutes. Stir in the sesame oil and serve. Serves 4.