

BOK CHOY



Bok Choy is most often lightly stir fried or served raw in salads. It can also be added to hot broth for a light soup.

FUN FACT #1:

Bok Choy, also known as Chinese Cabbage, has been grown and cultivated in China for over 5,000 years. Sometimes it is referred to as a “soup spoon” because of the shape of its leaves.

FUN FACT #2:

There are many different varieties. Two common ones are Shanghai, which is green stemmed, and Pak-choy, which is white stemmed.

Bok Choy is in the DARK GREEN vegetable group. It is rich in vitamin A, vitamin C, vitamin K, and Folate.



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Safety:	<p>To separate the stalks, trim off the end of the stems and wash with cold water. If using whole or halved, dunk in cold water and shake upside down, repeating until all grit is removed.</p> <p>Use gloves for product that will be served raw.</p> <p>Always use a different cutting board for vegetables and meats to prevent cross-contamination.</p>
Yield:	<p>For 100 1 cup servings of raw bok choy, purchase 27.7 lbs. The Food Buying Guide (2013) does not list the cooked yield of bok choy, but calculations show a raw to cooked yield of 41%, so 33.8 lbs fresh should yield 100 ½ cup servings cooked. Verify these measurements in your own kitchen.</p>
Quality:	<p>Bok Choy should have thick, fleshy, firm stalks and glossy, dark-green leaves. There should be no bruised or slimy spots on the stem or leaves. The leafy portion should look fresh, not wilted.</p>
Storage:	<p>Bok Choy should be stored in refrigeration between 32 and 41 degrees, and may keep for up to 5 days.</p>
Preparation:	<p>To prepare Bok Choy, cut the bottom of the plant off to separate the stems like celery. Chop or slice stem ends and chop leafy end. To be used raw as a salad green or cooked. Sauté the stem ends briefly in oil or broth, and then add the leafy ends to wilt. Do not overcook. Season it as desired. Often, baby bok choy is steamed whole or halved lengthwise to preserve the beauty of the shape.</p>
Seasonings:	<p>Bok Choy is delicious seasoned lightly with Asian flavors, like garlic and sesame, or ginger & soy sauce.</p>

