



Bok Choy

a taste of Asia on the Floridian table

Bok choy has been cultivated in China for more than 2000 years. The cold-tolerant plant spread to Northern Europe during Roman times and was brought to the U.S. by immigrants from Asia. Its mild yet rich flavor and crunch makes it a popular ingredient in many stir-fry dishes, soups and fermented foods such as kimchi. Bok choy is a nutrient-rich vegetable that grows well in Florida during the cold season.



Chinese chard, Chinese mustard, celery mustard or spoon cabbage (English), pak-choi, toy-choi, 白菜 (bái cài, Mandarin), chou de Pékin (French), Shanghai Qing, Qingjiang Cai, or Xiaoqing Cai (Mandarin), ઠાંઈકાંઈ (Hāya cōī, Gujarati)

To learn more about Florida's culinary history, visit floridaheritagefoods.com

Farmer Eng Harvests Bok Choi in Hobe Sound, Florida (1957). Florida Department of State Archives



BOK CHOY WITH LIME DRESSING

40
MINUTES
TOTAL

4
TOTAL
SERVINGS

INGREDIENTS

2 tbsp oil
3 fresh red chili peppers cut into thin strips
4 garlic cloves, thinly sliced
6 scallions sliced diagonally
2 bok choy sliced
1 tbsp crushed peanuts

Dressing
2 tbsp lime juice
1-2 tbsp soy sauce
1 cup coconut milk

DIRECTIONS

1. Blend lime and soy sauce and whisk in coconut milk.
2. Heat oil in a wok or deep pan and stir-fry the chilies for 2 to 3 minutes. Transfer to a plate. Add garlic to the wok and stir-fry until golden brown. Transfer to the plate.
3. Stir-fry the white parts of the scallions for 2-3 minutes. Add the green parts and stir-fry one minute. Transfer to the plate.
4. Bring a large pan of water to boil and add sliced bok choy. Stir twice, then drain.
5. Place bok choy in a large bowl, add dressing and mix. Sprinkle peanuts and the stir-fried ingredients on top.

Recipe adapted from Fleetwood, Jenni. 2007. 500 Chinese Recipes: Fabulous Dishes from China and Classic Influential Recipes from the Surrounding Region. Anness Publishing.



FACTS

Bok Choy is an ancient Chinese vegetable that thrives in the Florida garden during the winter. Taking only a few minutes to saute in a stir-fry, it is an ideal ingredient for quick and easy nutritious meals.

Bok choy is a low-calorie, fiber-rich green that is rich in vitamins A, C, K and in folate, B6 and calcium.

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