

Bok Choy Ginger Soup with Ramen

- 1 tablespoon olive oil
- 1/2 bunch scallions
- 2 cloves garlic, minced
- 2 tablespoons minced fresh ginger
- 2 cups vegetable broth
- 2 cups water
- 1 head bok choy
- 4 ounces ramen noodles (not instant)
- Salt, if desired
- Sesame Seeds, for topping
- Red Pepper Flakes, for topping

1. In a stock pot, heat olive oil over medium-low heat. Trim the ends off the scallions and chop through the light green stem. Save the dark green tops for topping. Add the scallions to the pot with the garlic and ginger. Cook, stirring occasionally for 2 to 3 minutes until the garlic and ginger is fragrant.
2. Measure in the vegetable broth and water. Bring to a boil, reduce to a simmer, and cook for 5 minutes.
3. While broth is simmering, cut the end off the head of bok choy. Cut off the stems and then cut the stems into thin strips. Roll the leaves together and also cut into strips.
4. Add the stems to the broth and cook for 5 minutes or until stems are starting to be tender. Follow with the leaves and cook for another 5 minutes more. Finally, stir in the ramen and simmer the soup until the noodles and bok choy are tender, 4 to 6 minutes. Taste and add salt as needed.
5. Divide soup into two bowls and top with chopped scallion greens, sesame seeds, and red pepper flakes

Garlic Bok Choy

1 tablespoon oil
3 cloves garlic, minced
½ lb. baby bok choy, rinsed and dried
salt to taste

Heat a sauté pan or wok on high heat. Add the oil and garlic and sauté until fragrant. Add the bok choy, sprinkle with salt and stir fry for a few minutes until wilted. Remove from heat and serve immediately!

Spicy Roasted Bok Choy

- 1 large head of bok choy
- 2 tbsp olive oil
- 2 tsp sesame oil
- 2-3 tbsp tamari (or soy sauce)
- 2 cloves garlic, minced
- 2 tsp red pepper flakes (or to taste)
- 2 tsp sesame seeds

1. Preheat oven to 400 degrees.
2. Cut the bok choy into quarters lengthwise.
3. In a small bowl, whisk together the rest of the ingredients.
4. Place bok choy on a large baking sheet and pour the marinade all over the wedges. Rub the marinade into all the layers of the bok choy so it is coated well.
5. Roast for 6-7 minutes, until wilted and tender but still crisp.

Ginger Turmeric Bok Choy

2 heads of bok choy
2 teaspoons of turmeric
Generous pinch of sea salt
1 can coconut milk, mixed with enough water to make 1 ½ cups
A few slices of ginger
A few shiitake mushrooms, de-stalked and caps sliced
Tamari or umeboshi vinegar

Quarter the bok choy lengthwise and give it a really good wash.

Place in one layer in a large saucepan or lidded frying pan. Add the turmeric, sea salt, coconut milk-water mixture and ginger. Bring to a boil, cover and turn the heat down to medium. Simmer for 6 minutes.

Take the lid off, turn the bok choy over using tongs, add the shiitakes and cover again. Simmer for further 6 minutes.

Serve splashed with a little tamari or umeboshi vinegar to taste and arrange the lime wedges on the side.

Honey Soy Salmon with Bok Choy

- 1 cup soy sauce
- 1/4 cup honey
- 2 tablespoons lemon juice
- 1 inch peeled fresh ginger, thinly sliced
- 3 cloves garlic, smashed
- 4 salmon fillets, about 1 1/2 pounds
- 4-6 heads baby bok choy, root ends trimmed off

Whisk soy sauce, honey, lemon juice, ginger, and garlic together until honey dissolves. Reserve 1/4 cup of marinade in separate bowl, then place salmon fillets, skin-side up, in marinade. Allow to marinate for at least 10 minutes, preferably for 30.

Meanwhile, preheat broiler (or grill) to high. Heat 1/4 cup of water in medium skillet over high heat and bring to a boil. Add bok choy and cover. Allow to steam until almost tender, about 4 minutes, then add reserved marinade. Toss to combine, cook for an additional 2. Remove from heat.

Put the salmon under the broiler skin-side down and broil without turning until exterior is well-caramelized and the fish is just cooked through, 7-10 minutes.

Bok Choy Kimchi

- 4 cups filtered water
- 4 tablespoons of sea salt or kosher salt
- 1 medium head (about 2 pounds) green cabbage, chopped
- 1 medium-large daikon radish, shredded
- 3 medium carrots, shredded
- 4 baby bok choy, chopped
- 1 medium yellow onion, diced
- 4 garlic cloves, minced
- 2-inch knob of ginger, minced
- 2 teaspoons Korean chili flake
- 3 green onions, chopped

Notes: VERY important! :)

Be sure to ferment your kimchi in a glass jar or glazed ceramic crock. No metal or plastic.

Do NOT use iodized salt or any product with preservatives in your kimchi. Iodine is antimicrobial and will prevent the kimchi from fermenting.

You do NOT want air touching your vegetables. It is vital to keep everything submerged under the brine.

Depending on the size of your jar, some of the brine might flow over as the kimchi ferments so sometimes it's helpful to put a glass plate under the jar as it sits.

1. Mix brine from the sea salt and water. Stir well to thoroughly dissolve salt.
2. Add cabbage, daikon radish, carrots, and bok choy to a large glass jar or ceramic crock. Let vegetables soak in brine, covered by a plate to keep submerged. Soak for at least 3 hours.
3. Use a food processor to process onion, garlic, and ginger into a paste. Mix in the chili flake and green onions.
4. Drain brine off of vegetables, reserving brine. Taste vegetables for saltiness. You want them to taste decidedly salt, but not surprisingly so. If they are too salty, rinse them with water. If you cannot taste salt, sprinkle the vegetables with a couple of teaspoons of salt and mix.
5. Mix the vegetables thoroughly with the spice paste. Pack them tightly into a clean jar or crock, pressing down until the brine rises. If necessary, add a little of the reserved vegetable-soaking brine to submerge the vegetables. Weigh the vegetables down with a plate or other weight to keep the vegetables submerged.
6. Ferment in your kitchen or other warm place. Taste the kimchi every day and check it to make sure it is still submerged under the brine. Depending on your tastes and the temperature of where it is stored, the kimchi can be ready in as soon as a few days or a few weeks. The fermentation process generally takes longer in cool weather and shorter in warm weather. When your kimchi tastes ripe (sour and tangy), move it to the refrigerator. It can last for several months, if not longer, in the fridge as long as it still has some brine in the jar.

