

Bok Choy with Teriyaki Glaze Recipe

By Chef Ravin Patel, Seasons Kitchen & Bar

www.seasonskitchenandbar.com

Yield: 6 servings

Ingredients

10-12 pieces baby bok choy

Salt, water & ice

1 cup teriyaki glaze (recipe below)

Crunchy Topping

Finely sliced green onions

Toasted crushed nuts & seeds of your choice

Almonds

Sunflower seeds

Pumpkin seeds

Sesame seeds



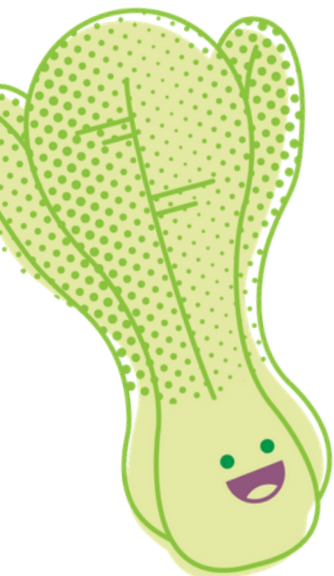
Instructions

Bring water in a pot to a boil with salt. Blanch bok choy in salted water for 1-2 minutes. Shock bok choy in ice water to stop cooking process, submerge for 2-3 minutes

Drain bok choy well and then tuck the green leafy sections under the bok choy and place onto a baking tray or casserole dish. Line them up in an alternating pattern to ensure they are evenly distributed and create a tight pattern.

Drizzle teriyaki glaze over the bok choy. Set oven to broil and adjust racks on highest setting to ensure the bok choy is close to the heating element. This will allow the glaze to caramelize, and bok choy to char.

When desired char occurs, remove from broiler and top with a little more teriyaki glaze and crunchy seed and nut topping mix. Serve and enjoy!



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Teriyaki Glaze Recipe

Yields 1 1/2 cups

Ingredients

- 1/2 cup reduced-sodium tamari, shoyu or soy sauce
- 1/2 cup water
- 1/3 cup honey or maple syrup
- 1 Tablespoon rice vinegar
- 2 Tablespoons grated fresh ginger
- 6 cloves garlic minced fine
- 1 teaspoon toasted white sesame seeds
- 1 teaspoon toasted black sesame seeds

Slurry

- 1 Tablespoon cornstarch or arrowroot starch
- 1 Tablespoon water

Instructions

In a small saucepan, combine the tamari, water, honey, vinegar, ginger and garlic. Bring the mixture to a gentle simmer over medium heat, stirring occasionally. Keep an eye on it so it doesn't overflow.

Meanwhile, in a small bowl, whisk together the cornstarch and water until smooth (we're creating the slurry, which will thicken the sauce). Set aside.

Once the sauce is simmering, whisk the slurry once more and pour it all into the sauce. Continue cooking, while stirring continuously, until the sauce is thickened, about 30 seconds.

Remove the sauce from the heat and add sesame seeds. Use immediately. To store for later, let it cool to room temperature before covering and refrigerating. It will keep for 1- 2 weeks in the fridge.

[Watch Chef Ravin's video to cook along with him!](#)

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