

BOK CHOY WITH OYSTER SAUCE

EQUIPMENT

CHEF'S KNIFE, MIXING BOWL, SMALL SAUCEPAN

INGREDIENTS

2 BUNCHES BOK CHOY, 1 LONG RED CHILLI,
20GM CRUSHED PEANUTS, 5GM SESAME SEEDS,
5GM SOY SAUCE, 50GM OYSTER SAUCE, 2GM SESAME OIL

METHOD

PLACE PEANUTS AND SESAME SEEDS IN A SMALL SAUCEPAN AND TOAST OVER MEDIUM HEAT, SET ASIDE

SLICE ½ THE CHILLI AND PLACE IN THE POT WITH SOY, OYSTER SAUCE AND SESAME OIL PLACE OVER LOW HEAT TO WARM.

CUT THE BOK CHOY IN 4 PIECES LEAVING THE ROOT ATTACHED, TRIM THE CORE AND WASH UNDER RUNNING WATER

PLACE ON A PERFORATED STEAM TRAY IN A PRE-HEATED OVEN ON STEAM SETTING 100 DEGREES FOR 3.5 MINS

REMOVE AND SHAKE OF EXCESS WATER, PLACE ON A PLATE AND POUR OVER OYSTER SAUCE, SPRINKLE WITH TOASTED PEANUTS AND SESAME SEEDS.

HINTS & TIPS

- IF YOU CAN'T GET BOK CHOY TRY GAI LAN OR CHINESE BROCCOLI IT MAY NEED A FURTHER 2 MINS COOK TIME
- THIS IS A GREAT ACCOMPANIMENT TO A ASIAN THEMED BANQUET SERVE WITH RICE AND STEAMED FISH
- THIS IS ONE OF OUR QUICKEST RECIPES USE IT WHEN TIME IS SHORT AND YOU NEED A TASTY VEGETABLE FIX