

# Gai Choy Saute

## Ingredients

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1 1/2 lb Gai Choy (cut into 1-inch sections)  
2 T Vegetable Oil  
3 clv Garlic (minced)  
1/2 T Ginger (julienned)  
3 Dried Chili Peppers  
1/4 t Sesame Oil  
1 1/2 t Salt

## Instructions

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- 1.Bring a large pot of water to boil. Separate the stems and the leaves of the gai choy. Cut into 1-inch sections. Rinse well.
- 2.Add 1 teaspoon salt into the boiling water. Blanch the stems for about 30 seconds and remove into a bowl of cold water. Blanch the leaves for 10 seconds and remove them place into the bowl of cold water. Drain well then set aside.
- 3.In a large saute pan over medium-high heat, add 1 1/2 tablespoon oil then saute garlic, ginger, and chilies with a 1/4 teaspoon salt for 20 seconds.
- 4.Add blanched gai choy and the remaining  $\frac{1}{2}$  tablespoon oil. Quickly toss and saute for 30 seconds. Season with 1/4 teaspoon salt. The texture of the greens should be crunchy and in

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vibrant green color.

5. Turn the heat off then drizzle with sesame oil.

Serve warm or room temperature.