

Bok Choy Stir-fry with Peanut Sauce

Seriously - bok choy is really good for you! And it's seriously delicious in this rich tasting stir-fry. It's nearly a religious experience when supported by a choir of Napa Cabbage, onions, mushrooms, bell peppers and fresh basil. Tonight's meal service finishes with a heavenly homemade peanut sauce. Diners will sing your praises.

Preparation time: 45 minutes - Servings: 2 (plus leftovers)

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates so they are ready to add as you need them. Prep 3 cloves of chopped garlic: 2 cloves for the Stir-fry and 1 clove for the Peanut Sauce. Prep a little over 1 C. onion: 1 C. thin-sliced for the Bok Choy Stir-fry and 2 T. finely-chopped for the Peanut Sauce.

Brown Rice

1 C. uncooked brown rice
combined with
2-1/4 C. water
1/4 C. nonfat milk
1 tsp. coconut extract

Bok Choy Stir-fry

1 tsp. sesame oil
10 crimini mushrooms (sliced)
2 cloves garlic (smashed and chopped)

1 tsp. sesame oil
1 C. thin-sliced yellow onion (1/8" thin slices)
1 C. Napa Cabbage (sliced and chopped)
2 bunches baby bok choy (stems and leaves
chopped separately)
2/3 C. red bell pepper (chopped)

8 large basil leaves (chopped)
2 squares Asian-style marinated baked tofu

1/4 C. low-sodium vegetable broth
1 T. rice wine vinegar
1 tsp. low-sodium soy sauce or tamari

Peanut Sauce

1 tsp. sesame oil
1 clove garlic (smashed and chopped)
2 T. yellow onion (finely chopped)
1/4 C. white wine
1/2 tsp. grated ginger
1/3 C. chunky peanut butter
1/4 C. nonfat milk
1/2 tsp. coconut extract
1 T. low-sodium soy sauce or tamari
3 tsp. rice wine vinegar

1/2 C. fresh cilantro (chopped)

2 tsp. lime juice

Put Rice on to Cook!

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by cooking rice. Place all rice ingredients in a medium saucepan over high heat. Once it is boiling, reduce heat to medium-low, cover and cook 25 minutes.
Make the peanut sauce next so it's ready to pour over the stir fry when plating the meal.

Peanut Sauce

1. Using a medium saucepan, toss garlic and onion in oil. Add white wine and cook 2 minutes.
2. Add everything else but cilantro and lime juice.
3. Reduce heat to low and cook 3 minutes.
4. Remove from heat.
5. Add cilantro and lime juice.
6. Let stand until ready to dine.

Bok Choy Stir-fry

1. Using a large, deep sauté pan or wok, brown mushrooms in oil. Add the chopped garlic. Toss until garlic becomes fragrant. Remove from pan and set aside on a plate.
2. Using same pan, toss onion, cabbage, bok choy stems and peppers over medium-high heat until cabbage starts to brown. Add bok choy leaves, basil and broken tofu pieces. Return mushrooms to pan. Toss well.
3. Mix broth, vinegar and soy sauce together and pour mixture over the vegetables and tofu. Toss until liquid cooks away and remove from heat.

Plate the Meal

1. Rewarm peanut sauce just before serving. If necessary, thin it with a little vegetable broth.
2. Shape 2/3 C. rice per serving in a small bowl or soup ladle and drop in the center of each serving plate.
3. Surround with 1-1/2 C. stir-fry and pour 1/2 C. peanut sauce over each serving.

You'll probably have leftover peanut sauce.

What I've Learned from this Recipe

Making your own peanut sauce is always the best approach. Commercial preparations are loaded with fillers and tons of salt. Your own sauces will taste better and be better for you.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com