

Bok Choy/Cashew Stir-fry

Ever-versatile bok choy (also known as White Chinese Cabbage) anchors this delicious stir-fry tonight. Toasted cashews, onions, mushrooms, red bell peppers and sliced water chestnuts provide the links that qualify this meal as a stir-fry. The ingredients are bathed in a delicious basil-accented sauce and served over brown rice.

Preparation time: 35 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize the ingredients on small plates or in bowls so they are easy to add. Stir-fries are tons of fun when everything's ready to add when needed.

There are three different onion preps: 1/3 C. chopped onion for the stir-fry sauce, 2/3 C. sliced onion for the stir-fry and 1 chopped green onion as a garnish. Prep 3 cloves chopped garlic: 2 for the stir-fry sauce and 1 for the stir-fry.

Brown Rice

1 C. brown rice
plus
2-1/4 C. water
1/4 C. nonfat milk
1/2 tsp. coconut extract

Stir-fry Sauce

1 tsp. sesame oil
2 cloves garlic (smashed and chopped)
1/4 C. white wine
1/3 C. yellow onion (chopped)

1 C. low-sodium veggie broth
3 tsp. low-sodium soy sauce
2 T. rice wine vinegar
1/2 tsp. fresh grated ginger
2 tsp. granulated sugar
1/2 tsp. Asian pepper sauce

2 T. cornstarch
dissolved in
1/2 C. water

Bok Choy/Cashew Stir-fry

2 tsp. canola oil
1 tsp. sesame oil
8 cremini mushrooms (sliced)

1 tsp. sesame oil
1 tsp. canola oil
1 clove garlic (smashed and chopped)
2/3 C. yellow onion (sliced)
2 bunches, or 3 cups, baby bok choy (carefully washed, stems and leaves chopped separately)
2/3 C. red bell pepper (seeded and thin-sliced)
one 6 oz. can sliced water chestnuts (drained)

1/4 C. low-sodium vegetable broth
mixed with
1 tsp. low-sodium soy sauce
1 T. rice wine vinegar
one 7 oz. package Asian-flavored baked tofu
(tofu broken into bite-size pieces)
1/3 C. fresh basil leaves (chopped)

3/4 C. roasted cashews

Garnish

lime juice
1 green onion (chopped)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting brown rice on to cook. Bring rice and liquid to a hard boil. Reduce heat to medium-low, cover and cook for 25 minutes. Set a timer.

Stir-Fry Sauce

1. Measure oil into a small saucepan and add chopped garlic. Toss until garlic becomes fragrant.
2. Add white wine and toss 2 minutes.
3. Add chopped onion and toss until onion becomes translucent.
4. Add broth and all remaining ingredients (except cornstarch). Reduce heat to low and cook 5 minutes.
5. Thicken with cornstarch mixture and cook another 5 minutes over low heat.
6. Remove from heat and set aside.

Bok Choy/Cashew Stir-fry

1. Using a deep sauté pan, brown mushrooms in oils. Remove from pan and set aside.
2. Using the same pan, add additional oils and toss garlic, sliced onion, bok choy stems and peppers until onions and peppers start to brown. Add water chestnuts and toss well.
3. Return mushrooms to the pan.
4. Mix additional broth, soy sauce and vinegar in a separate bowl. Pour mixture over stir fry and toss over high heat until liquid disappears.
5. Add tofu pieces to vegetable mixture and pour stir-fry sauce over vegetables and tofu.
6. Add chopped bok choy leaves and chopped basil. Toss about 2 minutes.
7. Add cashews and toss a final time to mix well.
8. Remove from heat and serve.

Plate the Meal

Measure 2/3 C. rice per serving. Pack each serving into a soup ladle to shape and turn out in the center of shallow bowls or dinner plates. Cover each serving with 2 C. stir-fry leaving the top of the rice mound visible. Drizzle each serving with lime juice.

Divide chopped green onions over servings as a garnish.

What I've Learned from this Recipe

When fresh herbs are added late in the cooking process (i.e. basil), their flavor remains vibrant. Add the cashews just before serving so that they remain firm.

Finishing servings with fresh lime juice adds acidity and the chopped green onions help bring the flavors forward.

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