

SAUTEED CHINESE GREENS

I've become obsessed with Chinese greens. I often find myself wandering around the produce section in Asian markets or Chinatowns trying to figure out what to do with all the glorious exotic vegetables. My particular favorites are the *choy* family; *choy sum*, *gai choy*, *bok choy*, *yu choy* and *ong choy*—all variations on greens, some more bitter than others like mustard greens. Whichever you choose, here's an easy and delicious way to serve them.

INGREDIENTS (serves 4)

1 large bunch *yu choy* (or other members of the *choy* family)

4 cloves garlic, minced

2 tbsp canola oil

2 tsp soy sauce

2 tsp oyster sauce

1 tsp chili oil

pinch of sugar

$\frac{1}{4}$ cup veggie steaming liquid

2 tbsp fried shallots

PREPARATION

Remove any yellow or old leaves, and wash the greens thoroughly.

Place a bamboo steamer on your wok and fill the bottom of the wok with water just up to the bottom of the steamer. Bring up to boil. Place the greens loosely in the steamer and steam for 3 minutes. Save at least $\frac{1}{4}$ cup of the steaming liquid.

Remove the steamer basket and set aside. Heat up the wok to medium heat and add canola oil. Once warm, add minced garlic and stir fry for about 1 minute, or until fragrant.

Add soy sauce, oyster sauce, chili oil and sugar. Mix well, then add $\frac{1}{4}$ cup of the reserved steaming liquid.

Add the greens to the mixture and toss for about one minute. Using tongs, remove the greens and place them on a plate. Pour any remaining sauce on top. Garnish with fried shallots.