Stir-Fried Baby Bok Choy

Adapted from "Stir-Frying to the Sky's Edge" by Grace Young. Simon & Schuster 2010

12 ounces baby bok choy

2 tablespoons oil

1/4 teaspoon sugar

1/2 teaspoon cornstarch

3 cloves minced garlic

2 tablespoons chicken stock

1.2 teaspoon salt

2 tablespoons Shao Hsing Rice wine

1. In a small bowl combine the broth, rice wine and cornstarch.

2. Heat a 14 inch flat bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon of the oil, add the minced garlic, and stir-fry 10 seconds or until the garlic is fragrant. Swirl in the remaining 1 tablespoon oil, add the bok choy, sprinkle on the salt and stir-fry one minute or until the leaves are just limp and the bok choy is bright green. Restir the broth mixture and swirl it into the wok. Cover and cook for 30 seconds. Uncover and stir-fry 30 seconds to one minute or until the bok choy is just crisp-tender.

Serves four as a vegetable side dish.

Alternatives. You can also add these to the broth mixture:

1 tablespoon soy sauce

3 1/2 tablespoons oyster sauce