

# Choi

Choi (also spelled choy) has been cultivated in China for centuries and is now commonly found in markets in the United States. Choi is practically two vegetables in one: the leaves can be cooked and eaten like spinach, while the crisp stems—sweet and mild in flavor—can be used like celery or asparagus.

## STORAGE

Refrigerate unwashed choy in a plastic container or loosely wrapped in a plastic bag. Choy keeps for over a week but is firmest and tastiest if used within a few days.

## HANDLING

Just before using, rinse choy under cold running water and gently shake it dry. Cut the stems into 1-inch pieces and slice, shred, or tear the leaves. If you will be eating the stems raw, slice or julienne them.

## Choi with Gingery Butter

This sauce has characteristically Asian-inspired flavors, but this recipe uses butter instead of oil for added richness. Don't be fooled by how simple this is; it is an interesting and wonderfully flavorful side dish. *Angelic Organics Kitchen* (adapted from *Judy Gorman's Vegetable Cookbook*).

Serves 4 to 6

2 medium choy (any kind),  
sliced crosswise into 1-inch strips  
6 tablespoons butter  
2 tablespoons soy sauce or tamari  
1 tablespoon grated or finely chopped  
fresh ginger  
1 clove garlic, minced or pressed  
(about 1/2 teaspoon)  
1 tablespoon finely chopped fresh  
cilantro  
salt  
freshly ground black pepper

1. Bring a large pot of water to a boil. Add the choy; cook until the choy is tender but still crisp, 2 to 3 minutes. Drain the choy in a colander and immediately run under cold water. Drain well.

2. Melt the butter in a large skillet over medium heat. Add the soy sauce, ginger, garlic, and choy; cook, stirring constantly, until the choy is well coated and heated through.

3. Remove the skillet from heat. Stir in the cilantro. Season with salt and pepper to taste. Serve immediately.

## Creamy Choi Soup

This recipe takes the flavors of a Japanese clear vegetable soup and gives them a spin . . . in the blender . . . with a potato and a touch of sour cream. The soup ends up thick and slightly creamy—and, incidentally, a lovely shade of jade green. *Friend of the Farm*.

Serves 4

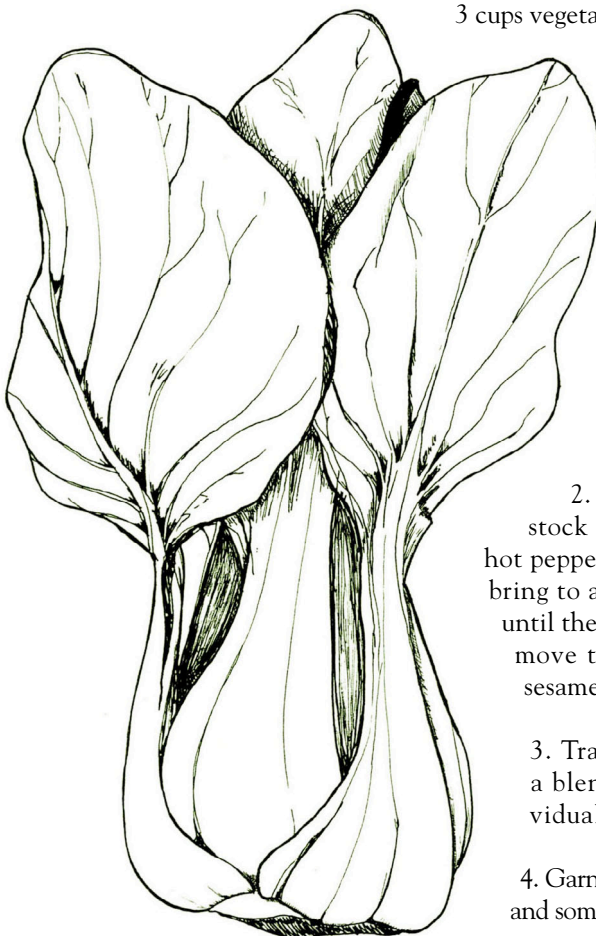
1 tablespoon peanut oil  
1/2 cup chopped scallions (about 3 scallions), divided  
3 cloves garlic, minced (about 1 1/2 teaspoons)  
2 teaspoons coarsely chopped fresh ginger  
1 pound choy (any kind), chopped  
1 large potato, peeled, diced  
3 cups vegetable stock or water  
3/4 teaspoon salt  
1/4 teaspoon freshly ground  
black pepper  
hot pepper flakes, to taste  
1 teaspoon toasted sesame oil  
2 tablespoons sour cream

1. Heat the peanut oil in a medium pot over medium-high heat. Set aside a couple tablespoons of scallions for a garnish. Add the remaining scallions, garlic, and ginger to the pot. Cook, stirring, until fragrant, about 1 minute.

2. Add the choy and potato. Pour in the stock or water and add the salt, pepper, and hot pepper flakes to taste. Increase the heat and bring to a boil; cover, reduce heat, and simmer until the potato is tender, about 20 minutes. Remove the pot from heat. Stir in the toasted sesame oil.

3. Transfer the soup to a food processor or a blender and purée. Ladle soup into individual bowls.

4. Garnish each bowl with a dollop of sour cream and some chopped scallion. Serve immediately.



## The Crop

Choi is a cool-weather crop that grows especially well in spring and fall. It is a kohl crop—related to cabbage, cauliflower, and broccoli—but it doesn't grow in tight heads. It looks more like white-stemmed chard. While chard is often harvested one leaf at a time, choy plants are cut just above the roots so all the leaves remain attached at the base.

Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at [www.AngelicOrganics.com/cookbook](http://www.AngelicOrganics.com/cookbook).

