



# BRAISED BOK CHOY & BRUSSELS SPROUTS

Serves 6-8

## Bok Choy

2 Tbsp	Olive Oil
6-8	Baby Bok Choy, halved or quartered lengthwise
2 cloves	Garlic, sliced
1 - 1 ½ cups	Chicken or Beef Stock
To Taste	Salt & Pepper

## Equipment

- Chef's knife
- Sauté pan, large
- Tongs

1. Heat oil in a large sauté pan over high heat. Add bok choy (cut side down), with garlic, and salt. Sear until cut sides are nicely browned.
2. Deglaze pan with stock. Reduce heat until liquid is at a simmer. Continue to cook, covered or not, until bok choy is tender. Adjust seasoning with salt and pepper.

## Brussels Sprouts

3-4 cups	Brussels Sprouts, quartered
1 large	Shallot, minced
1 cup	Chicken Stock
3 Tbsp	White Wine
2 Tbsp	Thyme, minced
1 ½ cups	Shitake Mushrooms, sliced
To Taste	Salt & Pepper

## Equipment

- Sauté pan, large
- Tongs

1. Heat sauté pan over moderate to med-high heat.
2. Add Brussels sprouts and shallots. Sauté until shallots starts to brown.
3. Add shitake mushrooms and cook for another minute.
4. Deglaze pan with chicken stock and wine. Reduce heat until liquid is at a simmer. Add thyme. Continue to cook, covered or not, until sprouts are tender. Adjust seasoning with salt and pepper.