

Braised Bok Choy with Lemon and Herbs

SERVES Serves 4

TIME 35 minutes

Why This Recipe Works

Braising shows off bok choy's softer side. The stiff stalks turn silky and supple without losing their shape, so your teeth sink into the vegetable rather than snap it apart. Plus, the braising liquid can double as a flavor conduit: Even briefly simmering the stems in a covered pan encourages them to absorb seasonings. We started by separating the leaves from the stems and cutting them into bite-size pieces; that way, we could add them toward the end of cooking and preserve their verdant color and freshness. Then, we sliced the stalks at a 45-degree angle into 1-inch-thick pieces. The thin pieces cooked through quickly and evenly, and cutting them on the bias maximized the surface on which the flavorful braising liquid could settle and exposed as much of the vegetable's capillary structure as possible so that it soaked up the saucy liquid. We braised the stems in water and butter seasoned with lemon juice and garlic—first covered to soften them, then uncovered to evaporate most of the liquid so the bok choy was coated in a light, buttery glaze. We stirred in the leaves so they could wilt and then added chopped dill off the heat for freshness.



Gather Your Ingredients

- 1 head bok choy (1 ½ pounds)

Before You Begin

- * Look for a mature head of bok choy (not baby bok choy); the thicker stalks stand up better to braising. Bok choy can sometimes be sandy near the inner base of the head. Look for this sand when you're separating the stalks and make sure to remove it during rinsing. Chives

- 3** tablespoons unsalted butter
- 1** garlic clove, sliced thin
- $\frac{1}{2}$ cup water
- 1** teaspoon lemon juice
- $\frac{1}{2}$ teaspoon table salt
- 1** tablespoon chopped fresh dill, divided
- $\frac{1}{4}$ teaspoon pepper

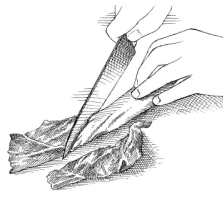
or parsley can be used in place of the dill. Serve this as a side dish with fish or other proteins.

Instructions

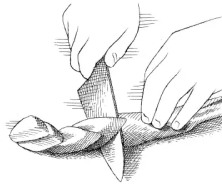
- 1.** Cut off bottom $\frac{1}{2}$ inch of bok choy base and discard. Rinse bok choy. Cut leafy green portion away from either side of white stalk. Cut stalks crosswise at 45-degree angle into 1-inch-thick slices. Stack greens and cut into 1-inch pieces. Keep stalks and greens separate.
- 2.** Melt butter in 12-inch skillet over medium-high heat. Add garlic and cook for 30 seconds. Add bok choy stems, water, lemon juice, and salt and bring to simmer. Cover, adjust heat to maintain simmer, and cook for 8 minutes.
- 3.** Uncover and continue to cook, maintaining simmer and stirring occasionally, until bok choy is lightly glazed and tender when pierced with tip of paring knife and pan is almost dry, 5 to 8 minutes.
- 4.** Add bok choy greens and cook, stirring frequently, until wilted but still bright green, 2 to 3 minutes. Off heat, stir in half of dill and pepper. Season with salt to taste. Transfer to serving plate, sprinkle with remaining dill, and serve.

Bok Choy Prep School

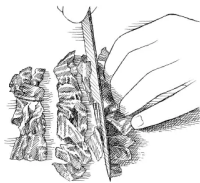
For bok choy stems that are silky, tender, and flavorful and leaves that are gently wilted and verdant, we separate the two components, cut them precisely, and stagger their cooking.



1. Cut leafy green portions away from white stalks.



2. Cut stalks crosswise at 45-degree angle into 1-inch-thick slices.



3. Stack greens and cut into 1-inch pieces.