

COOKING WITH
PAK CHOI



WHAT IS PAK CHOI?

A member of the cabbage family, pak choi is a leafy Chinese vegetable also known as *bok choy*.

Pak choi has paddle-shaped dark green leaves with a thick creamy-coloured stalk and a mild flavour. It is best served cooked and both the leaves and stalk can be eaten. Before cooking, it's best to wash the leaves thoroughly and trim off the bottom of the stalk. Pak choi will keep for up to 5 days in the fridge.

UK grown pak choi is available between February and November, with supply from Spain across the remaining months.



For the squid

- 6 x baby squid
- 2 tbsp plain flour
- 1 tbsp chilli powder
- 1 tbsp onion powder
- 1 tsp garlic salt
- ½ tsp salt
- ½ tsp black pepper

For the salad

- 4 heads of pak choi sliced
- ½ green pepper sliced
- ½ red pepper sliced
- ½ yellow pepper sliced
- 1 carrot finely sliced
- 4 spring onions sliced
- 1 red onion sliced
- 1 red chilli sliced
- 1 bunch of coriander

For the dressing

- 400ml rice wine vinegar
- 150g sugar
- Juice and zest of 1 lime
- 1 chilli diced

SALT AND PEPPER SQUID WITH PAK CHOI

serves 4

In a saucepan, place the ingredients for the dressing and reduce to syrup.

Next heat a frying pan with a little oil.

In a large bowl mix together the flour and spices.

Clean and cut in half the baby squid and toss the squid pieces in the flour until they are lightly covered.

Cook the squid in the hot frying pan for 2 minutes, shaking occasionally.

Add the salad vegetables and dressing into the pan and cook for 1 minute.

Finish with a dash of lemon juice and season to taste.

CHEF'S TIP

If you're not a fan of squid why not try prawns. Try adding a little mango or pineapple into the mix.





WHOLE STEAMED SEA BASS WITH PAK CHOI AND CHILLI

serves 4

- 4 whole sea bass,
de-scaled and gutted
- 8 heads of pak choi
- 20g sesame seeds
- 1 whole chilli,
finely chopped
- 4 spring onions, chopped
- 4 cloves of garlic
- 1 fennel finely sliced
- 100ml white wine

In a bowl mix all the vegetables together.

Place into the belly of the fish and wrap completely in tinfoil, adding 25ml of white wine to each parcel.

Bake in an oven at 180°C for 20 minutes.

Remove from foil and serve with a little salad.

CHEF'S TIP

Try adding some peanuts to the vegetable mix.



STIR FRIED PAK CHOI

serves 4

8 heads of pak choi
25g pickled ginger
Pinch of dried chilli flakes
2 banana shallots
(or 4 shallots), sliced
Handful of toasted cashew
nuts or toasted sesame
seeds
20g sesame oil
15g soy sauce
Juice of a lime to serve
(optional)

In a heavy base saucepan or wok heat the oil.

Add the shallots and garlic and brown.

Add the pak choi, ginger, soy and dried chilli.

Cook for 1-2 minutes.

Add a little lime juice and serve.

CHEF'S TIP

This is great as a side dish for a dinner party, or served as part of the main event with some prawns or grilled mackerel.





THAI HADDOCK AND TIGER PRAWN CURRY WITH PAK CHOI

serves 4

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2.5 cm piece of fresh ginger, peeled and finely chopped
- 1 ½ - 2 tablespoons Thai red curry paste
- 300 ml fish stock
- 400ml coconut milk
- 2 teaspoons Thai fish sauce
- 3 kaffir lime leaves
- 1 teaspoon brown sugar
- 2 sticks of lemon grass, halved lengthways
- 500g haddock fillet
- 12 raw tiger prawns, peeled
- 150ml double cream
- 6 fresh coriander sprigs
- 6 large basil leaves
- Salt and black pepper

Heat the oil in a saucepan, add the onion, garlic and ginger and cook over a low heat for 4-5 minutes or until softened and transparent.

Stir in the red thai curry paste and cook for a further minute.

Add the fish stock, coconut milk, Thai fish sauce, lime leaves, sugar and lemon grass sticks and bring to the boil.

Simmer gently for a further 15 minutes then remove and discard the lemon grass sticks.

Add the fish and prawns, bring to the boil then simmer for a further 4-6 minutes.

In another pan, stir fry the pak choy and chilli in some oil for a few minutes and season with salt and pepper.

Finally, add the double cream, chopped coriander and basil leaves to the curry and season to taste. Serve the curry and pak choy spooned over bowls of rice.



Half a medium sized pork belly with skin removed
1.5 litres chicken stock
250ml soy sauce
2 cloves of garlic
1 onion, diced
10g fresh ginger
1 tbs fennel seeds

For the tempura

4 heads of pak choi
100g flour
100g cornflour
25g baking powder
200ml sparkling water
Salt and pepper

TEMPURA PAK CHOI WITH BRAISED BELLY PORK

serves 4

Place the pork into a tray and cover with the stock, soy sauce, onion, garlic and spices. Cover with tinfoil and place in an oven at 140°C.

Cook for around 2 hours until the pork is soft and tender.

Cut into chunks – you can fry the chunks in a pan if you prefer them crispy.

For the tempura pak choi, mix all the dry ingredients well in a bowl. Add sparkling water to make a smooth batter.

Dip the pak choi into the batter and deep fry at 190°C for 3-4 minutes.



HINTS AND TIPS



Not just for use in Chinese recipes, why not try cooking pak choi on the barbecue? Simply brush the stalks with flavoured butter (mix butter with herbs or spices of your choice – garlic granules, paprika and black pepper works well) and cook until the edges of the leaves begin to crisp.

If you've got any leftover leaves or stalks, just finely shred and add into a pasta sauce, stir into a curry or add into a quiche instead of spinach.

Revive wilted pak choi leaves by submerging them in a bowl of cold water for 30-60 minutes, which replenishes the water in the leaves and allows them to regain their crispness.

WHO ARE WE?



We're a grower, a supplier and a marketer of niche vegetables.

Part of M&W Mack Ltd, we belong to a family run business that's been trading since 1874.

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