

Steamed Pac Choi with Soy Glaze

1 head Pac choy, cut in quarters

For the dressing:

3 tbsp soy sauce

3 tbsp honey

2 tbsp rice vinegar

1 tbsp lime juice

2 tbsp hoisin or oyster sauce

1.5 tbsp toasted sesame oil (or 1 tbsp toasted sesame oil and .5 tbsp spicy sesame oil)

2 tsp sesame seeds

½ tsp ground ginger

1 tsp minced garlic

½ tsp onion powder



Every vegetable has something that it does better than any other vegetable. Potatoes make the best mash. Rutabaga makes the best soup. Sweet potatoes bake better than any other root. Pac choy is the king of the steamed vegetables. With a delicious, crunchy texture and a mildly spicy flavor, it lends itself well to the gentle cooking provided by steaming, and when served alongside the dumpling-sauce inspired glaze, it becomes a treat that even the pickiest of eaters will love.

A warning on the pac choy. The root end loves to harbor dirt. Cutting it in to quarters (essentially turning it in to large wedges) means it will be easier to get to the dirt, but since you're leaving the leaves of each wedge connected, it will be difficult to get all the particles out. I recommend just not eating the last inch or so if the dirt bothers you.

Nestle the quarters of the vegetable in a steaming basket or colander set over boiling water (or just put it in a pot with about a half inch of water. This method results in a more half boiled/half steamed approach, and will cook faster, but will still be tasty). Steam until juicy, bright green, and translucent, about 14 minutes.

While the vegetable is cooking, combine all the glaze ingredients in a jar and shake to mix evenly. This recipe makes more sauce than you need, but it's delicious on all the other vegetables you can think of, plus fried eggs, rice, dumplings, and fish.

Arrange the cooked wedges on a platter (they will be a bit delicate but if you pick them up by the root they shouldn't fall apart. Drizzle as desired with the sauce and eat with a knife and fork.

This is delicious as a side to stir fry, but also makes a tasty and light lunch.