

STIR-FRIED BOK CHOY

INGREDIENTS

1 medium head Bok Choy

1 medium Shallot, sliced lengthwise

¼ Cup Pepper Jelly

1 Tablespoon Soy Sauce

Sesame Oil

Hawaiian Lava Salt

DIRECTIONS

Cut Bok Choy into 4 or 6 pieces from top to bottom, leaving the stem intact, and then rinse thoroughly under running water to remove any grit.

Heat 1 Tablespoon of Stir-fry Oil in a wok or sauté pan until hot and then add the Shallot and Bok Choy. Use tongs to move the ingredients and turn over.

When the Shallot gets a little brown, add Pepper Jelly and let melt.

Cook down until thick and then pour in Soy Sauce.

When the leaves are bright green and stalks still tender, remove to a plate and then spoon over the Shallots and some of the sauce.

Sprinkle with Lava Salt and drizzle with Sesame Oil.

Serve with Grilled Fish and Jasmine Rice.