



# Sugar Apple

Posts From The Caribbean

## **Bok Choy, Bhaji Style**

Bhaji is an Indian word for spinach and this way of cooking bhaji comes from the Indian communities of Trinidad. You can use this same preparation for spinach, chard, collards or pretty much any other green. This is my version with bok choy.

*2-4 tablespoons olive oil (enough to just coat the bottom of your frying pan)*

*1 small onion, chopped*

*2-3 cloves garlic, minced*

*1 hot pepper, finely minced (I use a scotch bonnet)*

*2 heads bok choy, thinly sliced (the ones I had were bigger than baby bok choy and smaller than the large fully grown heads)*

*Kosher salt*

*2-3 tablespoons chicken stock (optional)*

Put the oil into a frying pan and heat over medium heat. When the oil is hot but not smoking, add the onion, garlic and hot pepper. Fry it all up for a few minutes, until the onion is soft and the garlic is fragrant. A little browning is okay but don't let it burn.

Next, add the bok choy and a sprinkling of salt. Let it cook, turning the bok choy over in the pan once or twice, until it starts to wilt. At this point, you can add a few tablespoons of stock and let it all fry up for another minute or two and then cover it and reduce the heat to low so it will simmer gently. If you're using spinach you probably won't want to add any stock, but it's up to you.

Let it cook until it's the texture you like. I like the bok choy when the leaves are nicely tender but the stems still have a bit of bite to them. Taste for seasoning and serve. *My two heads of not quite baby bok choy were enough for four people.*

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