

Yu Choy

This is a WINTER GROWN plant in Baton Rouge. It is VERY EASY to grow and extremely tasty. Try something other than cabbage for planting in the fall. This plant can be harvested leaf by leaf. You do not have to wait for it to form a complete head.

HSABR has this plant for sale at the proper time to plant

Also called choy sum, this is a ubiquitous green in Hong Kong. Its name means "oil vegetable" and its seeds produce an oil similar to rapeseed (canola) oil which was used for lamps and sometimes for cooking in ancient China. Choy sum is closely related to bok choy- the dead giveaway — flowers, usually yellow but sometimes purple.

Sum in Cantonese means "flower stalk" and these varieties have petioles and leaves that tend to be less massive than the bok choy types.

Yu Choy has a sweetness creating a perfect yin-yang taste experience. Simply stir-fry with just a little garlic or oyster sauce or black vinegar.

Yu Choy with Soy Sauce & Oyster Sauce

2 heads yu choy (1-1/2 pounds total)

2 Tablespoons water

1 Tablespoon vegetable oil or olive oil

1-1/2 teaspoons soy sauce

1-1/2 teaspoons oyster sauce or/and 2 pods of chopped garlic

1 Tablespoon unsalted butter

1. Cut choy crosswise into quarter-inch-thick slices. In a heavy skillet heat oil over moderately high heat until hot but not smoking and stir-fry yu choy with salt for two minutes

2. In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter and stir-fry until crisp-tender, one to two minutes.

[http://www.consciouschoice.com/cookin\[e\]/cookin\]gi310.html](http://www.consciouschoice.com/cookin[e]/cookin]gi310.html). In all choy preparations, quick and simple are the watchwords. Don't overcook and don't overwhelm them with too many seasonings. After all, it's the simple choys that give life its meaning.