

SHITAKE BOK CHOY SOUP WITH NOODLES

Editors' note: The original recipe calls for Chinese wheat noodles, but we also like this soup made with somen (Japanese thin wheat noodles) or soba (Japanese buckwheat noodles).

1/2 lb. bok choy
1/2 lb. fresh shiitake mushrooms
1/2 lb. scallions
6 katsuobushi (dried bonito flakes; about 2/3 cup) (I've used chicken or vegetable broth instead)
8 g. thin Asian wheat or buckwheat noodles
6 oz. noodles

Cut bok choy crosswise into 1/4-inch-thick slices. Discard stems from mushrooms and cut caps into thin slices. Cut scallions diagonally into thin slices. In a 5- to 6-quart kettle bring 6 cups water to a boil with katsuobushi and boil 1 minute. Pour stock through a fine sieve into a large bowl and discard katsuobushi. Return stock to kettle and add bok choy, mushrooms, and noodles. Simmer soup, uncovered, until noodles are tender, 2 to 5 minutes, depending on type of noodle. Season soup with salt and pepper and stir in scallions.

Gourmet, February 1999

EASY BOK CHOY WITH GARLIC

2 tbsp. (1/4 stick) butter
4 tsp. minced garlic
12 baby bok choy
2 cups chicken stock or canned low-salt broth

Melt butter in heavy large skillet over high heat. Add garlic; sauté 1 minute. Add bok choy and stock; simmer until bok choy is tender, turning occasionally, about 8 minutes. Season with salt and pepper. Makes 6 servings.

Bon Appetit, April 1998

STIR-FRIED BOK CHOY

1 head bok choy
2 tbsp. water
1 1/2 tsp. soy sauce
1 1/2 tsp. oyster sauce
1 tbsp. vegetable oil
1/2 tsp. salt
1 tbsp. unsalted butter

Trim bok choy and cut crosswise into 1/4-inch-thick slices. In a bowl stir together water and soy and oyster sauces. In a 10- to 12-inch heavy skillet heat oil over moderately high heat until hot but not smoking and stir-fry bok choy with salt 2 minutes. Add soy mixture and butter and stir-fry until bok choy is crisp-tender, 1 to 2 minutes. Serves 2.
Gourmet, June 1999

UNFRIED FRENCH FRIES

adapted from In the Kitchen with Rosie by Rosie Daley

2 pounds potatoes oil cooking spray
2 egg whites
1 tablespoon cajun spice or chile powder or curry powder....
Preheat oven to 400 degrees Slice each potato into 1/4 inch ovals lengthwise then each oval into matchsticks. Coat a baking sheet with 3 sprays of the oil spray. Combine egg whites and spice in a bowl. Add the potato sticks and mix to coat. Pour the coated potatoes onto the sprayed baking sheet (I use a jelly roll pan) and spread them out into a single layer, leaving a little space in between. Place baking sheet on the bottom shelf of the oven. Bake for 40 to 45 minutes, until the fries are crispy, turning them every 6 to 8 minutes with a spatula so that they brown evenly. Serve immediately.

Tortilla de Patatas

Adapted from The Mediterrasian Way by Ric Watson and Trudy Thelander

A Spanish Tortilla is similar to an omelet or a frittata. No corn or flour like the Mexican tortillas
Serves 2

1 large potato or 3-4 smaller potatoes, cut into small cubes
2 Tablespoons extra virgin olive oil
3 scallions, chopped, or 1/2 red onion chopped
2 gypsy peppers, seeds removed and finely diced (or 1/2 large red bell pepper) OR vegetable in season
4 large eggs
1 tablespoon finely chopped parsley, or green onion tops!
1/2 teaspoon sea or kosher salt
1/4 teaspoon black pepper, or to taste

Preheat the broiler.

Steam the potato pieces until just soft enough to eat. (test with a fork. Start testing after about 4 minutes, depends on the size of the cubes)
Heat the oil in a medium skillet over medium heat and cook onion and peppers, stirring occasionally, until softened, about 5 minutes. Add the potato and cook, stirring to combine, for another 2 minutes.
Whisk the eggs together in a bowl with the parsley salt and pepper. Pour the eggs over the vegetables in the skillet, cover, and cook gently over low heat for 8 minutes. Remove the lid and place under the preheated broiler to cook for 1 minute or until the top is set. Cut into wedges and serve. This can easily be served at room temperature or cold.

Note from your Laguna Farm Recipe Lady

I first learned to make this from The Frugal Gourmet. One of my favorite versions is to sprinkle the top generously with Thyme leaves. A great topping is stewed tomato.