

MUSTARD GREENS

As side dish

½ cup onions, thinly sliced
2 cloves garlic, minced
1 T olive oil
1 lb mustard greens torn into large pieces
3 T chicken or veg broth
¼ t sesame oil
salt and pepper to taste

In a large pan, sauté the onions 5-10 minutes until they start to caramelize, add minced garlic and cook for 1 minute, add the mustard greens and broth, and cook until the greens are barely wilted. Toss with sesame oil and season to taste.

As side dish with bacon

4 slices bacon
3 bunches mustard greens chopped
2 T white vinegar
2 cups chicken broth
1 t sugar
pinch coarse salt

In a large skillet, brown bacon and put aside its fat. Add chopped greens, stir until they start to wilt, add vinegar and cook an additional minute. Add sugar, salt, and chicken broth, cover and simmer for 20 minutes.



PEA SHOOTS

As a side dish

- 1-2 lb pea shoots
- 2 T vegetable oil
- 4 cloves garlic, peeled, smashed, and chopped
- 1 pinch chili flakes

In a frying pan or wok, heat oil over high heat, add the garlic and chili flakes. In 2 minutes add shoots and sauté until the greens wilt. Serve immediately.



ROMANESCO, BROCCOLI RABE, RAPINI

As a side dish

- 1 lb broccoli rabe
- 1 clove garlic, minced
- 5 T olive oil
- 1 T grated Parmesan cheese

Heat olive oil and cook garlic for 2 minutes.
Add rabe and sauté for 10 minutes until the rabe is tender.
Add parmesan before serving.



SWEET POTATO LEAVES

Braised with onion over pasta

More tender than most green, not as astringent as chard and collard. tastes mild.

From Phillipines.

1 bunch tender sweet potato leaves in bite-size pieces
4 tomatoes chopped
1 onion chopped
1.3 cup rice vinager
1 t suger, salt and pepper to taste

Blanch leaves in boiling water.

Stir together vinager, sugar, salt, pepper

Arrange leaves on a platter, top with chopped tomatoes and onion, drizzle with vinager-sugar mixture.

To above recipe can add tiny dried shrimp; or one can add fruit such as avocado or mango.

Add to a quiche as one might use spinach.



WATERCRESS

To accompany fish fillet, e.g. halibut

- 8 oz fish fillets
- 1 bunch watercress (or less if you prefer)
- 1 small piece fresh ginger, finely chopped
- 1 scallion or green onion finely chopped
- 3 cups chicken broth
- 1 t cornstarch
- 1 cup water
- salt and pepper to taste

Cut the fish fillets into thick slices or cubes, add salt and pepper to taste, along with cornstarch. Let stand while you prepare other ingredients. Remove roots from watercress, wash, pat dry, and chop into 1 inch pieces. In large pan or wok, bring water and chicken broth to a boil, add ginger, simmer for 1 minutes, add fish, watercress, and green onion, boil for 2 minutes until fish is cooked and the watercress wilted, season to taste, and serve.

With boneless chicken breast

- 1 T olive oil
- 2 skinless and boneless chicken breasts
- 2 oz cashews
- 1 sweet pepper cut in large pieces
- 1 red onion cut into chunks
- 2 pkg watercress

For sauce

- 3 T hoisin sauce
- 2 T soy sauce
- 1 piece fresh ginger root, peeled and grated
- 2 garlic cloves, smashed
- 1 T sesame oil
- 2 T white wine or rice vinegar



First mix together the sauce ingredients. Then in a frying pan, heat the oil until very hot, throw in the chicken, cashews, pepper pieces, and onion, stir-fry for 5 minutes. Pour the sauce over the ingredients and simmer with 2 tblsp of water, add the watercress and simmer.

YU CHOY

In stir fry

1 bunch fresh leaves and stems cut into 3" pieces
1 T olive oil
2 cloves garlic, chopped
½ cup chicken or vegetable broth
optional: 1 T oyster sauce

Heat the oil in a wok or frying pan. Add the broth and cover. Add the yu choy and stir. Let veggies steam for about 3 minutes. The yu choy should be bright green. Optional: Drizzle with oyster sauce.

