

Garlic-Braised Gai Laan (Chinese Broccoli)

“Gai laan, or Chinese broccoli, is one of my favorite green vegetables. I enjoy its bitter sweetness along with the flavor and body of extra-virgin olive oil. And I have to say that biting into those crunchy stalks is one of the most satisfying experiences that I have when eating vegetables. If Chinese broccoli is not available in your area, your favorite cruciferous vegetables should work in this recipe”.

4 to 6 servings

INGREDIENTS:

- Coarse sea salt
- 1 pound gai laan, cut into 1 inch pieces
- 2 tablespoon extra-virgin olive oil
- 2 garlic cloves, mined

DIRECTIONS:

- In a large pot over high heat, bring 4 quarts of water to a boil. Add 1 tablespoon of salt and boil for 1 minute. Add the gai laan, and immediately turn off the heat. Let sit for 1 minute. Drain.
- In a large saute pan, combine the oil with the garlic. Turn the heat on medium, and cook the garlic for about 30 seconds. Add the gai laan and 2 tablespoons of water. Cook until just tender, about 2 minutes.
- Dust with salt to taste.

The Inspired Vegan by Bryant Terry: page 158