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Eggplant bok choy curry

Instructions Rice checklist and adorned with coriander. 10/30/2020 I really liked the simplicity of the recipe - I added red peppers, sprinkled some salt, and used a sauce of vegetable oysters instead of fish sauce. Read more 09/23/2017 This was good, but I made some changes. It didn't have fresh ginger, so it was used dry. Tasted too strong fish sauce for me, so I added the rest of the can of coconut milk, some soy sauce, and a little more brown sugar. After that it ended more to my liking. I also had to simmer the eggplant longer in the end to make sure it was cooked through. Very easy to do. Read more 08/31/2017 This was so easy, delicious and relatively healthy. Read more © Copyright 2020 foodandwine.com. All rights reserved. Printed 12/25/2020, this link is to an external site that may or may not meet accessibility guidelines. salt, garlic, bok choy, olive oil, pepperpepper, vegetable oil, soy sauce, bok choyvegetable oil, salt, garlic, bok choy Infused with hot aromatic spices, this easy bok choy and chicken curry is my favorite comfort winter food. And soon it will be yours too! One of the greatest pleasures of home cooking is how your home is filled with warm and cozy aroma of what you are simmering on the stove. I love that. Especially during cold and bitter winter days... In addition to my favorite winter soups of all time, I also love to warm up with a large bowl of curry, with a mixture of aromatic spices of coriander, nutmeg, cloves, cinnamon, cardamom, etc. Ah, imagine that warm and cozy aroma floating in your kitchen! So irresistibly delicious! From the spice list, you might have guessed I'm talking about Indian curry here. But I don't pretend this is a real Indian curry. This is just a simple dish I make using Indian spices. Authentic or not, this is one of the warmest and most welcoming dishes craving during cold winter nights. For a long time, I used to make my curry loaded with root vegetables only. Then I tried to add other vegetables, like broccoli, bok choy, zucchini, and I've been so in love. Especially bok choy for added nutrition and lightness. Come over here and sniff. Can you smell that wonderful smell? Warm spices and freshly cut coriander?? And it's absolutely easy to do. Seriously, I didn't even need to present step-by-step photos here. Don't faint when you look at the ingredients list! Most of them are spices. Let's talk about those spices. You will find 2 unusual spices on the list: garam masala and madras curry powder. What exactly are those, you'll wonder? Garam masala is a mixture of cumin, nutmeg, laurel, cinnamon, cardamom and black pepper. Yes, I realize that those spices are also called in the recipe individually, but I think it adds a little more flavor that way. Madras curry powder is spicy curry spice blend. It's also made of the same mixture like garam masala, but a little heavier chili powder. It's not about the spicy top like Thai curry, though, perfectly balanced. Besides, do you see that beautiful golden color? It's turmeric powder. Otherwise, it doesn't taste much. You can skip it if you don't have it handy and color is not a problem. ☺ Serve the curry over steamed rice and enjoy!! Note: I propose all my recipes with both measurements to get the most accurate and accurate result! Cut the chicken into bite-sized pieces. Cut the potatoes into small cubes. In a large frying pan or In a Dutch oven, heat the oil over medium-high heat. Add cinnamon stick, bay leaves, peppercorns and whole nails. Cook the spices for a minute, or until pleasant and fragrant. Add the pressed garlic, ginger paste and tomato paste and cook for a minute, stirring. Be careful, as the hot oil will splash. Place the cover, if necessary. Add chicken and cook for 3-4 minutes, until golden brown. Then add the potato, bok choy, salt and all remaining ground spices. In a small dish, mix the cornstarch with 2 tablespoons of cold water. Stir in the curry. Add 2 cups of water and simmer for about 15 minutes, or until potatoes are fully cooked. Lower the heat to medium-low and stir the yogurt. Cook for another 5 minutes. Add fresh coriander and serve with cooked rice. For step-by-step photos and additional notes, read the previous post. * Disclaimer: All nutritional information is estimates only. Read the full disclosure here. Facebook Twitter Yummy salt, olive oil, bok choy, pepper, ajobok choy, soy sauce, pepper, vegetable oil, vegetable oil, salt, bok choy Gibson & Smith Cook rice according to package instructions. Meanwhile, in a large saucepan over medium and hot oil. Add garlic, ginger and curry paste and cook, stirring constantly until fragrant, about 1 minute. Add the potatoes and stir constantly until coated, about 1 minute. Add milk and 1 3/4 cups water. Cover the pan and simmer. Reduce heat to medium-medium-low and simmer, covered, stirring occasionally, for 5 minutes. (NOTE: Do not boil; keep the liquid on a low heat.) For frying pan, add the aubergine and stir to immerse in liquid. Add bok chou and arrange into a single layer; press slightly down to partially dive. Cover and simmer for 3 minutes. Add the chicken and stir gently to submerge, then add pepper. Cover and simmer the chicken is cooked, stirring occasionally, for 4 to 5 minutes. Remove from heat; mix lime juice and fish sauce. Divide the curry between the bowls and sprinkle the chillies (if used), onion and coriander evenly above. Serve with rice. Serving size 1 3/4 cups curry and 3/4 cup rice Calories 585 Carbohydrate content 55 g Cholesterol content 83 mg Fat content 27 g Fiber content 6 g Protein content 33 g Saturated fat content 17 g Sodium content 522 mg Sugar Sugar 7 g Monounsaturated fat content 0 g Polyunsaturated fat content 4 g Active time: 35 minutes / Cooking time: 20-25 minutes / Total time: 35-40 minutesMake 2 servings Ingredients:1 small aubergine1 teaspoon fine sea salt2 tablespoons corn starch or coconut milk arrow, divided, more as needed4 oz. cremini or button mushrooms, small onion slices, halved and cut vertically2-3 baby heads bok choy, separated leaves and stems and chopped about1 inch of ginger, grated or chopped1 garlic cou, grated or chopped1.4 cup tamari2 tablespoons brown rice vinegar OR rice vinegar2 tablespoons of honey2 teaspoons of Sriracha, or flavored2 teaspoons of toasted sesame oil (regular will work, but will not have the complex roasting flavor- use what it has)2 spring onions, sliced 2 tablespoons2 tablespoons chopped toasted cashews or 1 tablespoon toasted sesame seedsDirections :Trim the ends of the eggplant and cut into quarters. Cut the rooms into 1/2 sticks, about 2-3 long. Place in a strainer in the sink and put with salt. Let stand while you prepare the vegetables and sauce, about 10-15 minutes. To make the sauce, in a large measuring cup or small bowl, mix the soy sauce and the following 4 ingredients (via sesame oil). Boak. Dry the eggplant with a clean kitchen towel and place in a large bowl. Add corn starch and set to cover evenly. Heat 2 tablespoons of oil in a large frying pan over medium heat. When it resonates, add aubergine in a single layer; you'll probably have to do this in batches. Cook on each side until golden brown, about 2 minutes per side. Transfer to a plate lined with paper towel and repeat with the remaining aubergine and oil. If the pan has at least 1 tablespoon of oil after cooking the aubergine, add the mushrooms; if not, add 1 tablespoon of oil and let melt and heat first. Cook the mushrooms on each side until golden brown, about 1-2 minutes per side. Add the onion to the pan and stir; cook for 2 minutes. Add choy bok stems, stir; cook for 2 minutes. Add the bok choy leaves, ginger and garlic, and stir. Cook, stirring occasionally, 2-3 minutes or until leaves are withered. Add 1/2 of the sauce to the pan (it will sizzle and spit, so back up), stir and turn off the heat. Add the remaining sauce to the pan and stir gently to combine. Divide vegetables evenly between two plates. Sprinkle each serving evenly with spring onions and cashews, add additional siracha as desired, and serve. An easy, gluten-free, sautéed dinner that joins quickly and offers something for everyone, what a victory any day of the week! Eggren, Broccoli & Bok Choy in Garlic Sauce Update April 2020: An Asian sauté has become a weekly occurrence in our dinner rotation since it stayed home for the past 6 weeks. It is simple, adaptable to any vegetable we have in the house, the vegetarian in the house (me!) can eat all the vegetables and the You can enjoy vegetables + mix fried chicken so it's a win for everyone. For those who have been asking, I have added instructions to fry the chicken in the recipe below. In addition, we make extra rice so that we have something to make a fried rice a few days later. So dinner resolved for 2 meals a week! We've been alternating between General Tso's sauce and a garlic sauce and tonight it was a garlic sauce and tonight it was a garlic sauce for victory! I hope you like it as much as we do! Original publication... When we don't have a plan for dinner, we move on to a quick and easy fry. We have some simple sauces that we love like this Garlic Sauce or our General Tso Sauce that are easy to beat. In fact, I just adjusted this garlic sauce recipe and I think it's better than ever! I'm obsessed, it's so good! We just quickly skip our favorite vegetables or whatever we have in the fridge, we make some rice if we don't have already made and fry some chicken for the kids. There's something for everyone that's always a weekday win! This bowl includes my family's favorite vegetables: eggplant, broccoli and bok choy plus garlic sauce. The garlic sauce recipe is adapted from The Spruce, takes less than 15 minutes to make and is thick and perfectly flavored. Garlic sauce tastes just like restaurants! All you need is a lot of garlic, sesame oil, tamari or gluten-free soy sauce, rice wine vinegar, sugar (missing in the photo), mirin and corn starch mixed with water. We made the sauce separately, sautéed some aubergine, broccoli and bok choy and then added the sauce to the sautéed vegetables for a few minutes A quick, easy and super delicious dish in no time! As with all my recipes, you can adapt to taste and replace your favorite vegetables, add chicken like my kids like (see recipe below) or tofu depending on your tastes or mood. As you can see by other photos with the same sauce, you can change the vegetables like this with all the green vegetables! Or you can fry them all together like restaurants! No matter how you iron it or which vegetables you choose, I hope you like it as much as we do! Pin! Scroll down to see the recipe and leave a comment if you try. Eggplant and broccoli in garlic sauce 4 tablespoons rice vinegar 3-4 tablespoons sugar (lately I've been using 3 tablespoons, so start with 3 and add more as you wish) 4 tablespoons gluten-free tamarin (or gluten-free soy sauce) 4 teaspoons mirin (Chinese rice cooking wine) 2 tablespoons + 1/2 teaspoons sesame oil, divided 3 teaspoons corn starch 2 tablespoons water 8 medium garlic cloves, chopped or finely chopped A green onion, chopped whites and some green ones for Sesame oil, 2-3 tablespoons 1 head broccoli, cut into bite size or slightly larger chunks 2 medium or 3-4 aubergines, cut into bite size or larger 5-6 babies bok choy, cut longitudinally into pieces of sesame oil, 2-3 tablespoons 1 lb chicken breast, cut 2 inches Combines rice vinegar, sugar, tamarin, mirin and half a teaspoon of sesame oil in a liquid measuring cup or small bowl, stirring to combine. (this is the base of the sauce) In a separate small bowl, dissolve the cornstarch in water. Heat 2 tablespoons of sesame oil over medium heat in a saucepan. Add the garlic and cook, stirring until fragrant (about 30 seconds). Shake the sauce again, add it to the saucepan and bring to the boil, stirring. (This will take about a minute). Shake the cornstarch and water mixture again and add it to the sauce a little at a time (stirring as if to combine) until it is a desired thickness -- it will thicken quickly as it heats up. For a thinner sauce, use less of the corn starch water mixture. Transfer to a bowl or liquid measuring cup and set aside until ready to use. NOTE: Garlic sauce will thicken, especially if you move forward. It will lose weight as you heat it up. You can always add a touch of warm water and remove it if you want a thinner sauce. In a large frying pan over medium-high heat, add 2-3 tablespoons of oil and heat until ooze but not burning. Add onions and saute for a minute or two until tender. Add the eggplant and saute for 3-4 minutes until it starts to get tender. Add broccoli, cook for 2-3 minutes more. Then add bok choy and saute until wilted and tender. Cook longer for softer vegetables. Add the garlic sauce to the sautéed vegetables and stir to combine. Heat for 2-3 minutes until heated. Serve on the rice. Garnish with green parts of green onion. In a large frying pan over medium-high heat, add 2-3 tablespoons of oil and heat until ooze but not burning. Add chicken and saute for 6-8 minutes until cooked through. Add the garlic sauce, stir to combine and cook for 2-3 more minutes until hot. Serve with vegetables on rice.

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