

BOK CHOY SALAD

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comments

This is a very interesting salad. It has a lovely Asian flavor and can be used as a side salad, or a complete lunch.

notes

All can be done well in advance, and stored separately. Toss at last minute.

Serves 8.

prepare in advance

Ingredients

Measure and mix together

2-1/2 oz. sesame seeds
12 oz. sliced almonds
2 pkg. Ramen Noodles, broken up (no seasoning)

Measure ingredients for salad dressing and put in small sauce pan

2 T soy sauce (generous)
1/4 C vinegar (cider or rice)
1/2 C sugar
3/4 C vegetable oil

Prepare by washing, then drying each stalk

1 medium head really fresh Bok Choy, (use all, including stems)

Wash; slice to bite size, dry with paper towel; chill in plastic bag

1 bunch scallions

complete recipe

Dressing:

Make salad dressing by heating soy sauce, vinegar, sugar, and vegetable oil in sauce pan, until boiling.

Boil no more than 1 minute.

Cool.

Crunchies:

Combine the sesame seeds, almonds, and broken Ramen noodles.

Sauté in oil with a bit of garlic powder. Cool; store indefinitely.

Salad:

When ready to serve toss together the "crunchy" stuff, and the Bok Choy and scallions.

Toss with salad dressing and serve as soon as possible.