

Chinese Cabbage

- 1 lb. Napa Cabbage (Chinese Cabbage)
- 4 clove Garlic
- 3 cubes Bean Curd, Fermented
- 3 Tbsp. Oil, vegetable (not olive)
- 3/4 cup boiling water

Since the usual Napa Cabbage head is about 2 lbs. Cut it in half length-wise and reserve the other half. Slice cabbage diagonally, keeping stems from "leaves". Peel and smash garlic (don't chop). Heat 3/4 cup of water to boiling in a separate container. Heat Wok. Add oil. When hot, add garlic and cubes of bean curd and mash it up. Add cabbage stems and stir fry 30 seconds. Add boiling water, and when mixture comes to a boil, lower flame, cover and simmer for 2 minutes. Add cabbage leaves, cover and simmer another 2 minutes.
Number of Servings: 4



PO BOX 143
Waterport, NY 14571
leafygreencouncil@gmail.com