

# Cooking on deadline: Asian Bok Choy

By **Katie Workman**  
The Associated Press

If you tend to fall into cooking ruts, one easy way to snap out of it is to check out the holiday calendars of different cultures. Next up on my list of inspirations is the Lunar New Year.

I love cooking Chinese and Asian food all year, but certain foods carry symbolism in Chinese culture and are intrinsic parts of the holiday. Many new year's foods are associated with luck and prosperity. Long noodles symbolize longevity; the word for "orange" in Chinese is similar to the word for "gold," thus signifying wealth, so that fruit is commonly presented and shared (the round shape also signifies fullness); fish is served whole, to symbolize a strong year to come, start to finish; and green foods are equated with money.

It takes just a few ingredients — garlic, ginger, soy sauce, hot chili sauce — to turn a variety of vegetables into a delicious Asian side dish. Because my husband is knee-deep in love with bok choy these days, that was the vegetable I picked to create my prosperity green vegetable dish. Bok choy is available in cute baby versions, but for this dish you can use the inexpensive bigger bunches. Look for it in well-stocked produce sections or Asian stores.

This dish has a nice amount of cooking liquid, so serve it over rice alongside a main course.

I'm under no illusion that money equals happiness, but I do know that this green dish makes my family happy,



Photo: Sara E. Crowder via AP

and that's a rewarding feeling. Wishing all of you lots of luck in the Year of the Rooster.

*Katie Workman has written two cookbooks focused on easy, family-friendly cooking, Dinner Solved! and The Mom 100 Cookbook.*

### Asian Bok Choy

Serves 6

Start to finish: 20 minutes

- 2 tablespoons sesame seeds (optional)
- 1 tablespoon vegetable oil
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger
- 2 pounds bok choy, trimmed, sliced into 1-inch pieces, and rinsed
- 1/2 cup chicken broth
- 2 tablespoons soy sauce
- 1 teaspoon Sriracha or other hot chili sauce

Place the sesame seeds, if using, in a large stock pot or braiser (this will seem silly, but you will use the same pan to cook the bok choy). Heat the pan over medium-high heat, stirring frequently until you can smell the sesame seeds and they turn a bit more golden in color. This will only take two or three minutes, so watch carefully that they don't get too brown. Turn the seeds then put them onto a small plate and set aside.

Heat the vegetable oil in the same pan over medium-low heat. Add the garlic and the ginger and stir for one minute until you can smell the aromas. Add the bok choy (it's OK if it's still a bit damp) and stir for another two minutes, then pour in the chicken broth, soy sauce, and hot sauce, and bring to a simmer. Cover the pan and cook the bok choy for about eight minutes, until it is tender, stirring occasionally. Transfer to a serving bowl with its cooking liquid and serve hot, with the sesame seeds sprinkled on top if desired.

Nutrition information per serving: 65 calories (34 calories from fat); 4 g fat (0 g saturated, 0 g trans fats); 0 mg cholesterol; 316 mg sodium; 5 g carbohydrate; 2 g fiber; 2 g sugar; 3 g protein.

# Lunar New Year 2017 events from NYC to Disney to Vegas

Continued from page 8

In Manhattan, holiday events include a January 28 firecracker ceremony and cultural festival in Sara D. Roosevelt Park and a February 5 Lunar New Year parade kicking off at 1:00pm. There's also a parade and festival in Flushing on February 4.

### San Francisco

San Francisco has been celebrating the Lunar New Year with a parade that dates back to the 1860s. This year's event rolls the evening of February 11 with acrobats, lion dancers, floats, and a 268-foot dragon, kicking off at Second and Market streets. Other events include a flower market fair held January 21 and 22 as well as a 5K/10K run-walk on February 19.

### Las Vegas

In Las Vegas, January 28 is the kickoff for a 15-day celebration at the Lucky Dragon Hotel & Casino, a new resort themed on Asian culture. Elsewhere in Las Vegas, at The LINQ Promenade, a four-day festival is scheduled January 27 through 30 that includes dragon dances at 6:00pm nightly on the Fountain Stage.

A January 27 through 29 "Chinese New Year in the

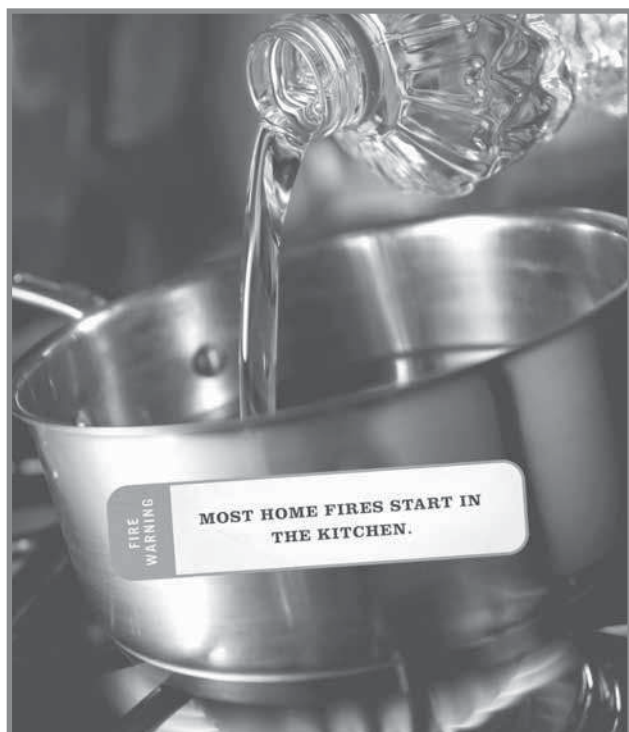
Desert" event includes performances, a parade on Fremont Street, a party at Downtown Container Park, and a DragonFest Benefit Concert at The LINQ Theater.

Other Las Vegas venues hosting lion and dragon dances, parades, performances, and more include the Cosmopolitan, ARIA Resort & Casino, The Palazzo Las Vegas and The Venetian Las Vegas, the MGM Grand Hotel and Casino, the Palms Casino Resort and the Bellagio, and Palace Station. The Conservatory & Botanical Gardens at the Bellagio will host a display that includes incense, red lanterns, and a rooster perched atop a mountain. The Palazzo's Waterfall Atrium and Gardens will host a 15-foot, crystal-covered rooster and an 18-foot dragon. In addition, many restaurants offer holiday menus.

Additional Lunar New Year parades are also scheduled in Portland and Washington, D.C. on January 29; Chicago on February 5; and Orlando, Florida on February 11.

To view a list of some Lunar New Year events taking place in Oregon and Washington, see page 15.

**Celebrating the  
Year of the Rooster!  
January 28, 2017 through  
February 15, 2018!**



**What to do if one starts in yours:** Never put water on a grease or oil fire. Keep a lid handy when cooking. If a fire starts in a pan, turn off the burner and carefully slide the lid over the pan to extinguish the fire. Don't run outside with the burning pot. Keep a fire extinguisher in the kitchen. If the fire continues, leave the home and call 9-1-1.



A Message from the Oregon Life Safety Team: A Coalition of Fire Service, Community and Insurance Professionals

# CHINESE NEW YEAR YEAR of the ROOSTER

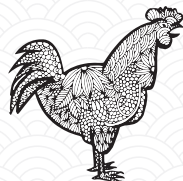
presented by LAN SU CHINESE GARDEN

**JANUARY 28 - FEBRUARY 12, 2017**

YEAR of the ROOSTER  
EVENTS INCLUDE

- Lion Dances every weekend
- Dramatic Lantern Sculptures
- Children's Performances
- Feng Shui Talks
- Kid's Activities
- Martial Arts Demonstrations
- Rooster & Chicken Show & Tell  
and more!

新春快樂



YEAR of the ROOSTER

See a complete schedule of Chinese New Year events at  
[WWW.LANSUGARDEN.ORG/CHINESENEWYEAR](http://WWW.LANSUGARDEN.ORG/CHINESENEWYEAR)



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