



COOKING WITH
CHOI SUM





WHAT IS CHOI SUM?



Choi Sum is a green leafy vegetable and a member of the mustard and cabbage family. It is usually cooked but whole leaves can also be used raw in salads.

Usually used in Chinese cuisine, its bright green leaves ensure that it makes any dish more vibrant, tasty and enticing.

The taste of choy sum is mild yet refreshing, with a flavour profile mid-way between cabbage and spinach.

The leaves contain calcium, fibre and Vitamin A proteins, meaning it's a perfect addition to stir-fries and mixed vegetable dishes.



MEET THE GROWER

DAVID & MARK

David Lam and Mark Yerrell have been growing Choi Sum at Rokewood Nurseries since 1987.



Rokewood specialises solely in the growing of Chinese vegetables, growing around 180 tonnes of choi sum each year in specially designed greenhouses and poly-tunnels.

Environmentally sustainable growing is important to Rokewood and that's why they've invested in creating their own water reservoir, capable of holding 14 million litres of rain water.

Choi sum is a pleasant crop to grow but it does have its challenges – several animals, including pigeons and rabbits enjoy the taste, so Rokewood has to ensure their choi sum is grown in a protected environment.

STIR-FRIED CAULIFLOWER, CHOI SUM AND BEANS

serves 4

1 tbsp peanut oil
2 cloves garlic, crushed
1 tsp ground turmeric
1 tsp finely chopped
coriander
4 brown onions,
sliced thinly
500g cauliflower florets
200g beans cut into 5cm
pieces
¼ cup water
200g choi sum,
chopped coarsely
1 tbsp lime juice
Coriander leaf for dressing

Preparation: 20 mins

Cooking time: 10 mins

Heat oil in wok; cook garlic, turmeric, coriander and onion and stir-fry until onion has softened.

Remove mixture from the wok but ensure it is kept warm.

Stir-fry the cauliflower with the water in the same wok until cauliflower is almost tender.

Add beans and choi sum, stir-fry until vegetables are tender.

Add juice, sauce, chopped coriander and onion mixture and stir-fry until heated through.

Recipes provided by Rokewood Nurseries





CHICKEN SINGAPORE NOODLES WITH CHOI SUM

serves 2

150g noodles
Selection of vegetables cut
very finely,
e.g. carrot, pepper, green
beans, mushrooms, broccoli
florets, spring onions and
diced cucumber
300g choy sum
2 breasts of chicken, cooked
and sliced
1 clove of garlic, crushed
1 medium egg
2 slices of bacon
Ginger, grated
1 tsp Madras powder
Vegetable oil for frying
1 or 2 fresh red chilli
peppers

Preparation: 15 mins
Cooking time: 15 mins

Heat the vegetable oil in a wok or frying pan until oil is hot.

Scramble the egg, garlic and bacon and fry in the pan.

Stir-fry the vegetables starting with any of the harder vegetables such as carrots – add cucumber and choy sum last.

Add noodles, chicken, Madras powder and chillies – then stir-fry for 2 minutes or so.

Add dark soy sauce and quickly heat through. Garnish with coriander and serve immediately.

Recipes provided by Rokewood Nurseries

CHILLI BEEF AND CHOI SUM serves 4

Preparation: 10 mins

Cooking time: 10 mins

400g beef steak, sliced
thinly

1 tbsp peanut oil

2 small fresh red chillies,
chopped finely

1 clove garlic, crushed

500g choy sum

2 tsp teriyaki sauce

1 tsp sugar

1 tsp cornflour

¼ cup beef stock

Combine beef, oil, chilli and garlic in medium bowl. Cover with cling film and refrigerate for a minimum of three hours (preferably overnight)

Blanch the choy sum in boiling water. Drain water away when choy sum is tender.

Stir-fry beef mixture in a heated wok or large frying pan, in batches, until beef is browned – then move beef to wok.

Add choy sum, sauce and sugar to wok; stir-fry.

Add blended cornflour and stock; stir until sauce boils and thickens.

Recipes provided by Rokewood Nurseries



HINTS AND TIPS



Wash choi sum well in cold water before using. We recommend that you leave the leaves and stalks whole for cooking but always discard oversized leaves and any flowers as these will be less tender.

Store in your vegetable drawer in the fridge for two to three days after purchase.

Thanks to Rokewood Nurseries for providing the recipes included in this booklet.



WHO ARE WE?



We're a grower, a supplier and a marketer of niche vegetables.

Part of M&W Mack Ltd, we belong to a family run business that's been trading since 1874.

Want to find out more?

Visit www.dgmgrowers.co.uk



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