

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Bai Gup Kao (Sautéed Greens)

Adapted from "The Original Thai Cookbook" by Jennifer Brennan

Any greens will work in this dish: Asian greens, turnip or mustard greens, spinach, bok choy, even lettuce. I prefer spinach...

2 Tbsp oil

1½ Tbsp minced garlic

1 cup cooked chicken or crabmeat, chopped

1 ½ lb (or more) fresh greens, washed and torn into large pieces (don't spin-dry!)

2 Tbsp fish sauce (Nam Pla)

1 tsp soy sauce

salt and freshly ground black pepper, to taste

Heat oil in a wok over medium-high heat and fry garlic for 30 seconds; don't scorch! Add chicken or crab and stir until heated through, about 1 minute. Add greens all at once. The oil should be hot enough to make a huge sizzle and give off lots of steam. Turn greens once or twice to coat, then stir until they begin to reduce in volume. Add sauces and seasonings and cover; reduce heat to medium-low and simmer for up to 5 minutes. When greens are tender, transfer to serving dish and serve hot.

You don't need to get the greens dry. In fact, if you don't leave some water on the greens after washing they'll scorch in the wok rather than steam!

Yield: Four servings

Preparation time: 10 minutes

Cooking time: 10 minutes

