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## Bok Choy Provencal

(adapted from Gourmet Magazine, July 2009 - or [www.epicurious.com/provencal-bok-choy](http://www.epicurious.com/provencal-bok-choy) )

- 2 tablespoons extra-virgin olive oil
- 2 large garlic cloves, finely chopped
- 1 teaspoon dried thyme
- 1 bay leaf
- 3 (3-by 1-inch) strips orange zest
- 3 pounds bok choy (2 to 3 heads), cut crosswise into 2-inch pieces
- 1 (14 oz) can diced San Marzano tomatoes, drained
- 1/3 cup Kalamata olives, pitted and chopped
- 1/2 cup coarsely chopped flat-leaf parsley

Heat oil in a deep 12-inch heavy skillet over medium-high heat until it shimmers, then sauté garlic with thyme, bay leaf, and zest until garlic is pale golden and mixture is very fragrant, about 30 seconds. Add bok choy, tomatoes, olives, 3/4 teaspoon salt, and 1/4 teaspoon pepper and reduce heat to medium. Cook, stirring occasionally, until bok choy is crisp-tender, 10 to 12 minutes. Discard bay leaf and stir in parsley.

## Turmeric Crusted Salmon

- 2 tsp minced peeled fresh Ginger
- 1 tsp Turmeric
- 1 tsp Salt
- Coconut oil cooking Spray
- 1 1/2 lbs Salmon Filet (organically fed preferred)

Preheat oven to 425. Combine the ginger, turmeric and salt in a small bowl. Rub mixture onto the salmon. Spray a rimmed baking sheet with cooking spray and place salmon (skin side down) onto the sheet. Roast for 25-35 mins depending on your preference for doneness. Salmon is cooked when it flakes with a fork.

OPTION - Serve this with cooked Basmati Rice. It soaks up the juices of the Bok Choy very nicely.

## Wine Pairing Recommendation

The briny bok choy and the spicy salmon would pair well with an acidic full bodied white wine like a Torrontes. The Argentinian Reunion Torrontes is a delicious and affordable option. Cheers!