

Shopping List and Equipment

Menu 112: Sesame Steamed Chicken and Stir Fried Bok Choy with Golden Garlic

Ingredients

6-8 pcs cut up natural chicken, with skin on Ground black pepper 3 stalks green onions, sliced thinly ½ cup cilantro leaves, chopped Salt, optional ¼ cup Toasted sesame oil ¼ cup Gluten free or regular soy sauce 1 egg, beaten in a bowl (to make an optional soup from the steaming liquid) 1 cucumber, sliced thinly for garnish (optional) 1 tomato, sliced thinly for garnish (optional) 3 cups cooked rice (optional) 2 cups reserve water for steaming basket	1 lb baby bok choy (or regular bok choy) 10 cloves garlic, mashed 2 Tbsp coconut oil 2 Tbsp Toasted sesame oil 2 Tbsp white roasted sesame seeds ½ cup water salt or fish sauce and pepper to taste, optional as this dish is superb without any seasoning
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Equipment

Bamboo or stainless steel steaming basket with lid Baking sheet Tongs Small bowl Small saucepan Small saucers for cilantro and green onions, cucumber and tomatoes Mortar and pestle for smashing garlic or broad flat knife Wok or large frying pan Serving platter
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