

How to Freeze Bok Choy

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1

Rinse leaves under cool water. Cut the stems from the leaves and chop to desired size. Store the stems separately from the leaves. Cut the leaves into ribbons or squares or keep whole.

2

Bring salted (optional) pot of water to a boil. Boil the leaves in the water for 90 seconds. Remove from the boiling water and immediately dunk the leaves in a bowl of ice water to stop the cooking process. Blanch the stems separately for 2 minutes and dunk in ice water.

3

Drain the leaves and squeeze out excess moisture with your hands. Place in ice cube trays and freeze. Once frozen, pop them into ziploc freezer bags and freeze. Drain/dry stems before packing them into separate ziploc bags.

4

Label your bag with contents and date. Good for 6 months in the freezer. Add frozen bok choy to soups and stir fries and side dishes.

