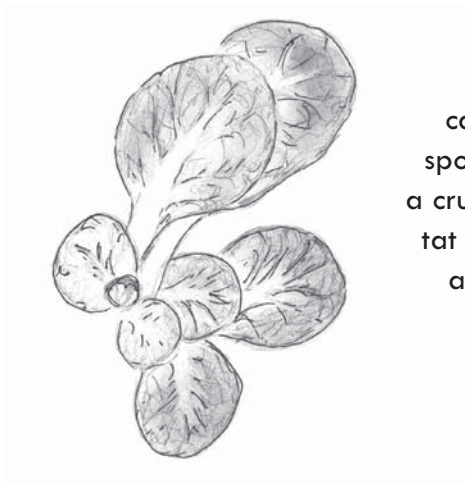


# TATSOI



**TAT SOI** (botanical name *Brassica rapa*) is a close relative of Chinese cabbage and bok choy. It has dark-green, spoon-shaped leaves, a subtle peppery flavor, and a crunchy texture. Originally cultivated in Southern China, tatsoi is a cool weather crop that is grown in the spring and fall in the Northeast.

## STORAGE

- ◆ Tatsoi will last about **3-4 days** stored unwashed, loosely packed in a plastic container, or wrapped in a damp cloth or paper towel (remember to rewet the towel every other day or so), or in a paper bag in the refrigerator drawer.
- ◆ **To freeze**, wash well, blanch for 3 minutes, rinse with cold water, drain, and pack in freezer bags.

## PREPARATION

- ◆ Separate leaves and wash thoroughly with cool water.
- ◆ Tatsoi can be eaten **raw, tossed into salads** (you can chop larger leaves), **or as a garnish** on sandwiches.
- ◆ It can also be **cooked**. Try adding tatsoi to **sautés, stir-fries or soups**.

### ***Nutritional Information***

Tatsoi is high in Vitamins A, C and folate. Vitamin A is important in vision, growth and development, skin health, immune function and reproduction. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption. A healthy diet with enough folate may reduce a woman's risk of having a child with certain birth defects of the brain or spinal chord.

# Tat Soi Recipes

## Tat Soi with Sesame and Ginger

- 1 1/2 pounds tat soi (or mix with mizuna, bok choi or spinach), washed, drained and chopped
- 1/2 cup soy sauce
- 2 Tablespoons sesame oil
- 1 Tablespoon ginger, minced
- 2 Tablespoons honey
- 1/4 cup vinegar
- 1/2 small hot pepper, finely minced (optional)
- 2 cloves garlic, pressed
- Salt and pepper to taste
- 1/4 cup roasted sesame seeds



Steam the tat soi briefly until it wilts. Remove it from the steamer and plunge it into cold water to stop the cooking process. Drain it well. In a small bowl, combine the soy sauce, sesame oil, ginger, honey, vinegar, hot pepper and the garlic. Mix well. In a large bowl, combine the tat soi and the dressing. Add salt and pepper to taste. Refrigerate until it is well chilled (at least 1 hour). Sprinkle with sesame seeds and serve.

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## Wilted Tat Soi

- Tat soi
- Olive oil
- Salt and pepper
- Vinegar of your choice



Wash and dry the tat soi leaves. Heat a little olive oil in a pan. When the oil is hot add the leaves and cook covered for a few minutes, until wilted. Season with salt and pepper or a splash of vinegar.

Recipe adapted from [Chez Panisse Vegetables](#) by Alice Waters, copyright 1996 by Harper-Collins.

## Lemon-pepper Tat Soi

- Tat soi
- Olive oil
- Salt and pepper
- Red pepper flakes
- Lemon juice to taste



Wash, dry and chop the tat soi. Heat a little olive oil in pan. When it's hot add the tat soi leaves and sauté them covered, until wilted. Remove the cover and cook until liquid has evaporated. Season with salt, pepper, red pepper flakes, and lemon.

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