

ASIAN GINGER BEEF OVER BOK CHOY

Ingredients

- 4 leeks (white and light green parts only), trimmed, halved lengthwise and cut into 1-inch pieces
- 6 cloves garlic, unpeeled
- 4 thin slices ginger, unpeeled
- 1 red jalapeno pepper, seeded and thinly sliced
- 3 tablespoons all-purpose flour
- 1 1/2 pounds beef chuck roast, trimmed
- 1/4 cup hoisin sauce
- 1/4 cup Shaoxing rice wine, mirin or dry sherry
- 3 tablespoons soy sauce
- 2 tablespoons packed light brown sugar
- 4 heads baby bok choy, cut crosswise into 2-inch pieces
- 2 cups cooked white rice, for serving



Directions

Combine the leeks, garlic, ginger and jalapeno in a 7-quart slow cooker. Sprinkle in the flour and toss to coat. Nestle the meat in the vegetable mixture. Whisk the hoisin sauce, rice wine, soy sauce, brown sugar and 1/3 cup warm water in a bowl; pour over the meat.

Cover and cook on low, 7 1/2 hours. Remove the meat to a cutting board and thinly slice against the grain; remove and discard the garlic and ginger. Return the meat to the slow cooker along with the bok choy. Increase the heat to high and cook, uncovered, until the bok choy wilts, about 5 minutes. Serve with the rice.

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Ingredients

- 2 tablespoons peanut oil
- 1 1/2 pounds beef cut into 1-inch pieces
- 3 green onions, cut into 1/2-inch slices
- 6 cloves garlic
- 2 teaspoons ground ginger
- 1 teaspoon Asian chilli paste
- 1/2 cup water
- 1 cup chicken broth
- 1/4 cup soy sauce
- 9 ounces fresh udon noodles, cooked and drained

3 cups bok choy, trimmed, washed and cut into 1-inch pieces
1/2 cup fresh cilantro, minced

Directions

1. In a large skillet placed on stovetop set to medium-high heat, heat peanut oil and sear beef on all sides, turning each piece as it browns. Sear the last batch of beef with the onions and garlic.
2. Place all the seared beef in the stoneware along with the ginger, chile paste, water, chicken broth, soy sauce. Stir well to combine ingredients. Transfer the stoneware to the slow cooker base unit. Cover and cook on High for 3 to 4 hours or on Low for 7 to 8 hours, or until the beef is very tender.
3. Just prior to serving, add the noodles to the beef and stir well. Add the bok choy to the beef and noodles and stir again. Heat on base on High until the bok choy is tender-crisp, about 15 minutes. Garnish the beef with the cilantro and serve while hot.