

# MISO-BUTTER GRILLED BOK CHOY

*Miso is a salty fermented soybean paste along with other ingredients such as rice or buckwheat that has lots of savory flavor and is commonly used to make Miso soup served at Japanese restaurants. It comes in several different colors from white to red and brown depending on the other ingredients used to produce it. Miso will last an exceptionally long time in your refrigerator once opened, is very versatile and can be incorporated into many different dishes from soup & salads to meats, seafood and sauces. Any variety can be used in this recipe that produces meltingly tender greens and crunchy white stems for textural contrast.*

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## Ingredients

1 large head Bok Choy  
1 Tablespoon Miso Paste  
1 Tablespoon Rice Wine Vinegar  
2 ounces Butter, melted

## Directions

Trim the stem end from the Bok Choy and cut in half from top to bottom and through the middle as evenly as possible, then half fill a sink with water to thoroughly immerse the Bok Choy so as to wash out any grit left in the heart of the stems- use your fingers to get down into the curve of the stems close to the bottom without removing any ribs as you want it to stay as intact as possible.

In a small bowl add the Miso and vinegar and whisk to combine, then pour in the butter in a thin stream whilst whisking to blend together.

Prepare a grill over medium-high heat and lightly grease with oil. Place each half of Bok Choy on the grill cut side down with the stem end over the hottest area and drizzle over the Miso butter as evenly as possible.

When the butter melts through it will flare up a little and impart a smoky flavor.

Cook for about 3 minutes and then turn over, drizzle with remaining butter and continue to cook for 2 minutes more.

Remove from heat and transfer onto a chopping board to cut up roughly into bite size pieces.

Combine with rice or noodles or serve as a side dish.