



PACIFIC COAST
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ASSOCIATION

PCFMA.ORG

SAUTÉED GAI LAN



Gai lan, or Chinese broccoli, has a lovely, mildly bitter, taste that's perfect when sauteed.



00 HR 35 MINS



Serves 4



Featuring

[Her Farms](#)

[Valley Bee Farm](#)

[Franklin Thor Farms](#)

INGREDIENTS

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- 2 medium cloves of garlic, chopped or sliced
- 1 bunch gai lan, chopped into bite-sized pieces
- 2 teaspoons oyster sauce
- 1 tablespoon cooking oil
- Salt to taste

The measurements above yield a tasty dish, but feel free to use more garlic, less oyster sauce or whatever combination tastes best to you! Salting **AFTER** the oyster sauce addition is critical, as most oyster sauces contain a lot of sodium.

METHOD

Wash the gai lan, shake dry and chop into bite sized pieces. Then peel and chop garlic. Warm a pan and add the oil. When the oil is warm, add the greens and garlic together.

Sauté and stir until the stems are a desirable texture, not too tough but not mushy, 5-7 Minutes at medium heat. Turn the heat off and stir in the oyster sauce. Salt if desired and serve.