



Beyond Bok Choy: A Cook's Guide to Asian Vegetables

Rosa Lo San Ross

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Beyond Bok Choy is the first book to help consumers identify, choose, and--most importantly--cook the enormous variety of increasingly available Asian Vegetables. Top chefs discovered these tasty leafy greens, squashes, peas and beans, mushrooms, and herbs several years ago, and many varieties are appearing in supermarkets, farmers' markets, and seed catalogs as well as in Asian flavors, there has been little information available to home cooks on how to add these vegetables to their repertoire.

With this book, Rosa La San Ross, a New York-based cooking teacher and caterer who grew up in Hong Kong, guides readers through the many varieties of bok choy, mustard cabbages, melons, edible gourds, sprouts, and shoots. her 70-easy-to-prepare recipes--including both classic Chinese stir-fries and original fusion recipes--will send curious cooks to unexplored regions of their supermarkets and then to the kitchen. The book's guidebook-like format makes it east to carry on shopping expeditions.

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