

Stir-Fried Chinese Broccoli (*Gai Lan*)

<http://userealbutter.com/2014/11/05/stir-fried-chinese-broccoli-gai-lan-recipe/>

1 lb. Chinese broccoli (*gai lan*)
3 tbsps vegetable oil
3 cloves garlic, crushed or sliced
1/2 tsp salt (depending on amount of sodium in the broth)
1/2 cup chicken broth (or vegetable broth)
oyster sauce

Wash the Chinese broccoli and trim (optional) the tough skin from the base of each stalk. Heat the vegetable oil in a large sauté pan or stock pot over medium high heat. Add the garlic when the oil is hot and stir it around until the oil becomes fragrant (about 30 seconds to a minute). Add the Chinese broccoli all at once (careful – it can splatter if it's really wet). Sprinkle with salt and sauté until the green leaves are mostly wilted. Pour the chicken broth into the pan and let it simmer down until all of the stalks are a deep green color (add more broth as needed). Remove the Chinese broccoli to a plate and drizzle with oyster sauce. Serves 4 as a side dish or for dim sum.