

Napa Cabbage

What is Napa Cabbage?

- Napa cabbage is a variety of Chinese cabbage originating from China.
- Napa cabbage is a very common vegetable in Asian cooking and widely consumed in many Asian countries.
- This versatile vegetable is also used in many other Asian recipes, for examples: dumplings, Shabu Shabu, Nabe, and Asian slaw.
- Napa cabbage has very mild flavors, with white stems and some leafy parts at the end of the white stems.



How to Prepare Napa Cabbage

- Best way of cooking is an easy Chinese stir fry with simple ingredients, such as Garlic, Oyster sauce, and mushrooms (shiitake mushroom, buna shimeji mushroom, white or brown mushroom are best)
- For the best result, use a wok for the stir fry. If you don't have a wok, you may use a skillet.
- Due to the mild flavor and crisp texture, this cabbage is great as a salad. Chop into small pieces and serve raw with pine nuts.

Napa Cabbage Stir Fry

Ingredients:

- 3 cups (8 oz. / 225 g) chopped Napa cabbage
- 4 oz. (113 g) mushroom
- 1 1/2 tablespoons cooking oil
- 3 cloves garlic, minced
- 1 teaspoon oyster sauce



1. Prepare the ingredients. Trim off the bottom part of the white stems and cut the Napa cabbage into pieces horizontally. Trim off the bottom part of the mushroom.
2. Heat up a wok or skillet on high heat. Add the cooking oil and stir fry the garlic until aromatic or light brown. Remove half of the garlic from the wok or skillet, set aside.
3. Add the Napa cabbage and mushroom, stir fry for about 1 minute. Add the oyster sauce, stir to combine well.
4. DO NOT overcook Napa cabbage. The white stems should retain a "crunchy" texture. Dish out and top the fried garlic on top of the dish.
5. Serve immediately & enjoy!