



Get to know: Tatsoi

Also called spinach mustard, spoon mustard, or rosette bok choy. The plant has dark green spoon-shaped leaves which form a thick rosette. It has a pleasant, sweet aroma and a mild mustard flavor. Tatsoi is often compared to spinach because of its similar appearance, and because it shrinks significantly when cooked. The taste, however, is entirely different. Tatsoi's flavors are sweet and earthy.



Nutritional Profile

Tatsoi is nutrient rich containing Vitamins A, C, beta-carotene, calcium, folate, fiber and phytonutrients. Phytonutrients are becoming recognized as part of a nutritious diet that promotes long-term health. Phytonutrients can act as antioxidants, which help to prevent chronic diseases like cancer and heart disease.

Tips

How to Store:

Tatsoi should be stored in the fridge, as is very perishable and has a short storage life.

How to Prepare:

Cut the leaves away from bulb, leaving about 1/4 inch of stem attached. Rinse and let dry. You can add the chopped stems to soups or to your braising mix.

However, for the leaves, long cooking methods like braising or stewing that work for kale or mustard greens do not benefit tatsoi.

Serving Ideas:

After a quick wash in cold water, lightly saute the leaves, just until they wilt.

Tatsoi is generally eaten raw, but may be added to soups at the end of the cooking period. The leaves make a flavorful addition to salad and can be added at the last minute to stir fry dishes. The vegetable is good as an accompaniment for any meat or fish that's rich in flavor.

source: www.jrorganicsfarm.com/blog/tips/all-about-tatsoi/

image: www.namayasai.co.uk/Tatsoi/tatsoi.htm

Recipe

Tatsoi and Avocado Salad with Roasted Garlic Dressing

What You Need:

- For the salad
 - 1 bunch tatsoi, leaves picked, washed, dried
 - 2 cups baby spinach leaves, washed, dried
 - 4 large ripe avocado, halved, pit removed, peeled, thinly sliced crossways.
- For the roast garlic dressing
 - 3 heads garlic
 - 2 tablespoons red wine vinegar
 - Sea salt & freshly ground black pepper
 - 1/3 cup extra virgin olive oil
 - 3-4 tablespoons hot water

What To Do:

1. Roast Garlic Dressing
 - a. Preheat oven to 180°C. Place garlic on a baking tray and roast in preheated oven for 30-35 minutes or until the garlic cloves are soft. Remove from the oven and set aside for 10 minutes to cool slightly.
 - b. Cut tops off garlic heads, squeeze soft garlic from each bulb, and place in a blender. Add red wine vinegar and season with salt and pepper. Blend until well combined.
 - c. With motor running, gradually add oil in a thin steady stream until mixture is thick. Gradually add enough hot water to make a pouring consistency.
2. Salad
 - a. Place the tatsoi, spinach and avocado in a large serving bowl and toss gently to combine. Drizzle the dressing over the salad.

Notes: You can make the roast garlic dressing (steps 1-2) up to 1 day ahead. Keep in an airtight container in the fridge. Remove the dressing from the fridge 1 1/2 hours before serving to bring to room temperature.

source: www.jrorganicsfarm.com/blog/recipes/tatsoi-avocado-salad-with-roast-garlic-dressing/

More information

- Storage Tips: www.urbanacresfarmstead.com/tatsoi
- Sauteed Tatsoi: comowater.com/2012/01/05/sauteed-tatsoi/
- Tomato and Tatsoi Recipe: www.inspiredwellnessolutions.com/blog/and-the-veggie-istatsoi