

How to Use Hon Tsai Tai

Never seen hon tsai tai before?

Hon tsai tai is an Asian leafy plant with dark green leaves and purple veins. This vegetable has a flavor similar to broccoli raab but milder. They are sweeter in flavor with delicate leaves, making them great in salads or cooked into stir fries. The purple flowers are a great addition to salads.

While hon tsai tai can be eaten raw, the stems are quite fibrous and might be unpleasant to digest. Cook the stems to soften them, and trim the very rough bottoms of the vegetable before preparing. Another tip is to separate the leaves from the stems since the leaves take less time to cook.

To store this vegetable, first wash it in cold water, dry it, then store in a closed container in the fridge. Doing this will keep it fresh about about 1 week!

For a quick way to use hon tsai tai, chop them then stir fry the stems in a frying pan with some ginger, garlic and chopped onions for a few minutes. Add the leaves then add a dash of light soy sauce and sesame oil for flavor. Serve with brown rice and enjoy!

如何使用红菜苔

没见过红菜苔?

红菜苔是一种亚洲多叶植物。它有深绿色的叶子和紫色的叶脉。这种蔬菜的味道和西兰花相似，但更温和。它们的味道更甜，叶子更娇嫩，非常适合做沙拉或炒菜。紫色的花朵是沙拉的绝佳补充。

虽然红菜苔可以生吃，但茎的纤维含量很高，可能会难消化。如果要吃，可以先把粗糙的底部修剪，然后煮熟来软化。另一种方法是将叶子与茎分开，因为叶子需要更少的时间来烹饪。

要储存这种蔬菜，可以先用冷水清洗，擦干，然后密封储存在冰箱里。这样在冰箱里可以保鲜1周!

一种容易的做法：把红菜苔切碎，然后在平底锅里用一些生姜、大蒜和切碎的洋葱炒几分钟。加入菜，最后加入少许生抽和芝麻油调味。与糙米一起食用，尽情享受吧!



吃得好, 保持健康!

Eat Well, Stay Healthy!



蔬菜聚光灯: 红菜苔

Vegetable Spotlight: Hon Tsai Tai



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红菜苔汤

(5-6人份)

Hon Tsai Tai Soup

(serves 5-6)

食材

- 2根胡萝卜，切碎
- 2根芹菜茎，切碎
- 1束红菜苔，切碎
- 3瓣大蒜，切丁
- 2汤匙低钠酱油
- 2杯糙米，煮熟
- 1杯熟鸡肉，切碎
- 5-6杯低盐鸡汤，或清水
- 适量的黑胡椒，调味

INGREDIENTS

- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 bunch hon tsai tai, chopped
- 3 garlic cloves, diced
- 2 tbsp low sodium soy sauce
- 2 cups brown rice, cooked
- 1 cup cooked chicken, chopped
- 5-6 cups low sodium chicken broth, or water
- Black pepper, for taste



第1步

用中火把一个大锅加热。加热后，倒一点鸡汤，然后加入胡萝卜和芹菜。煮 7-9 分钟，或直到蔬菜变软。

STEP 1

Heat a large pot over medium heat. When hot, pour a splash of chicken broth, then add the carrots and celery. Cook for 7-9 min, or until the vegetables are tender.



第3步

加入红菜苔，然后转小火煮约15分钟。加入煮熟的米饭和煮熟的鸡肉，煮约5分钟。

STEP 3

Add the hon tsai tai then reduce to a simmer and cook for ~15 min. Add in the cooked rice and cooked chicken and let cook for ~5 min.



第2步

加入大蒜，再煮1分钟。加入酱油，再煮一分钟。倒入鸡汤，将汤煮沸。

STEP 2

Add garlic and cook for 1 more min. Stir in the soy sauce and cook for another min. Pour in the chicken broth and bring the soup to a boil.



第4步

加入少许黑胡椒，然后根据需要品尝并调味。趁热享用！

STEP 4

Add a dash of black pepper then taste and adjust seasoning if needed. Serve hot and enjoy!