

JOSPER GRILLED PAK CHOI WITH SOI VINAGRETTE

SERVINGS: 10

INGREDIENTS	UNIT	BRUTE	NET
Pak choi			
Pak choi	Units	2	
Salt	Kg	0,01	
Olive oil	Unit	2	
Pepper	Kg	0,1	
Soy Vinagrette			
Soy sauce	L	0,2	
Sesame oil	L	0,05	
Sunflower oil	L	0,01	

TECHNIQUES USED

Radiation

METHOD OF PREPARATION:

1. Blanch the pak chois for 2 minutes and put them straight in a ice bath.
2. In a squeeze bottle, mix all the ingredients for the vinaigrette and emulsify.
3. Dry the pak choi with some paper and then apply some olive oil, salt and pepper and grill the pak choys on the upper grill for 2 minutes per side.
4. Cut them in smaller pieces and top it with the vinaigrette and serve.