**Sauté Choy Sum**  *(serves 6)*

Canola/Peanut/Corn Oil  4 - 6 Tbs*
Shallot, thinly sliced  2-3 bulbs (or more if desired)
Choy Sum, cut into 2" segments  1lb.
Medium Dry Sherry  ⅛ cups (4 - 6 Tbs)
Chicken Broth  1 - 1 ¾ cups

1. Heat sauté pan until it just starts to smoke (but do not heat non-stick sauté pan without oil)
2. Add oil, then shallot, let it brown slightly to caramelize
3. Add vegetable, fold/turn vegetable quickly but gently to let the oil coat all the leaves and stems
4. Sauté until the vegetable turns a vibrant green color with an even sheen of oil
5. Add sherry to deglaze, mix vegetable well with the sherry
6. Add chicken broth, turn the heat to medium/low to simmer, constantly turning the vegetable over in the broth
7. Lift vegetable from the broth to plate and ladle a little broth over the vegetable
8. Drizzle a little oyster sauce if desired

*Not all the oil used is consumed as long as the vegetable is lifted from the pan into the serving dish, leaving the cooking liquid in the pan.