

SPECIALITY VEGETABLES

# Shanghai cabbage

**A pak choi with pale green stalks, melting and delicately sweet.**

Shanghai pak choi is a variety of pak choi with pale green, broad, fleshy ribs and smooth leaves. Its texture is tender and juicy, its flavour mild and lightly sweet. It cooks quickly, whole, split in two or in quarters, steamed, stir-fried in the wok or braised.

FLAVOUR

**Mild, juicy, lightly sweet**

## Seasons and origins

Peak season · Early · Late · Rare

| | J | F | M | A | M | J | J | A | S | O | N | D |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Availability | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |

Indicative calendar based on our sales. Our sales team will confirm current availability.

## Pack sizes

- **Loose 8 kg**

## In the kitchen

- Wok-fried with garlic and oyster sauce
- Steamed with ginger fish
- Braised in a fragrant stock

**Orders and prices**

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