



Kai Choi (*Brassica juncea*), also known as Mustard Greens, is a member of the mustard family. Kai Choi is more pungent than the closely-related *Brassica oleracea* greens (kale, cabbage, collard greens, et cetera). They are very frequently mixed with these milder greens in a dish of "mixed greens". Mustard greens are also extremely high in Vitamin A and Vitamin K.

The leaves are a fair grass green and it has a bitter/peppery taste. It grows to an average height of 7-8 inches.

**Culture**

Seeds sown in very early spring for spring use and in the fall for winter use. Successive plantings 10-14 days apart insure an all season crop. Control of weeds is essential, and 1 to 3 intercultivations may be necessary. When grown for seed, offtype plants should be rogued before flowering.

**Harvesting**

Growing period is from 40-60 days, depending on variety and weather conditions. For Mustard greens, plants are cut off at ground level when they

are young and tender. Leaves 15-30 cm long are preferred for marketing. Greens are cooled to near 0C immediately after cutting and kept at or near that temperature during transportation and marketing. Humidity is kept at 90-95% by use of ice over the load or in the packages.

**Other Names**

Gai Choi, Stu Gai Choi, Xaio Jie Cai (Shiau Jie Tsai), Baby Mustard, Chinese Leaf Mustard, Indian Mustard, Mostaza, and Mustard Greens

**Cooking Methods**

Lightly boil, steam, stir-fry, combined with other greens and used in soups. Can also be eaten raw as part of a salad, similar to the western mustard green.

Try our Kai Choi recipes: **Steamed "Kai Choy" (Mustard leaves) with Garlic Oyster Sauce.**

**Steamed Kai Choy (Mustard leaves) with Garlic Oyster Sauce**

Created By Ching-He Huang

Also known as Mustard cabbage, Kai choy comes in two main varieties, one that is called Swatow and the other is known as the Bamboo variety. The Bamboo variety is more common and is less tightly packed, with longer thinner medium sized green leaves with narrower stems than the Swatow variety. Kai Choy is also quite bitter with the Bamboo variety being less so.

The Chinese often pickle the mustard cabbage because of its strong "mustardy peppery" flavour, but it can also be used in stir fries, soups and pickles. The Chinese also believe that this vegetable can help with reducing flu symptoms!

This is a simple stir-fry dish. The Kai Choy is steamed and then a simple minced garlic, ginger, soy, oyster sauce is cooked in a wok and drizzled over the Kai Choy. This makes a simple side dish that would compliment most seafood and meat dishes well."

Ingredients:	
300g Kai Choi (Mustard leaves) - washed, tough stems removed and cut the stems diagonally into thick 5cm slices	
1 litre water	
1 tablespoon groundnut oil	
1 tablespoon garlic, grated	
1 tablespoon ginger, grated	
3 tablespoon oyster sauce	
1 tablespoon light soy sauce	
1 tablespoon sesame oil	

**Preparation:** 2 mins  
**Cooking time:** 5 mins  
**Serves:** 4



**Instructions:**

1. Bring 1 litre of water to the boil in a wok. Put the Kai Choi on a heatproof plate, transfer to a bamboo steamer, put the lid on and place it over the wok. Make sure the base of the steamer is not immersed in the water and steam for 1 minutes. Turn off the heat and keep the Kai Choi warm in the steamer.
2. Heat another wok or a pan and add the groundnut oil. Stir fry the ginger and garlic for less than 1 minute and add the oyster sauce, light soy sauce and sesame oil, stir well, take off the heat and drizzle over the steamed Kai Choi.

**Nutritional Information**

Mustard greens are high in Vitamin A and C, and iron; a cupful (140 gm) providing an adult with ca 60% of his recommended daily Vitamin A requirement, all the Vitamin C requirement and about one-fifth the iron.

Nutritional Information Per 100 g the leaf is reported to contain	
calories:	24
H2O:	91.8 g
Protein:	2.4 g
Fat:	0.4 g
carbohydrate:	4.3 g
fiber:	1.0 g
ash:	1.1 g
Ca:	160 mg
P:	48 mg
Fe:	2.7 mg
Na:	24 mg
K:	297 mg
b-carotene equivalent:	1825 mg
thiamine:	0.06 mg
riboflavin:	0.14 mg
niacin:	0.8 mg
ascorbic acid:	73 mg

Nutritional Information Per 100 g the root is reported to contain	
calories:	38
H2O:	85.2 g
Protein:	1.9 g
Fat:	0.3 g
carbohydrate:	8.8 g
fiber:	2.0 g
ash:	3.8 g
Ca:	111 mg
P:	65 mg
Fe:	1.6 mg
Na:	24 mg
K:	447 mg
b-carotene equivalent:	45 mg
thiamine:	0.05 mg
riboflavin:	0.12 mg
niacin:	0.7 mg
ascorbic acid:	21 mg