

Bitter Gourd in Coconut Milk Recipe

(Malaysian Recipe)

Ingredients: Serves 4

5 small variety (peria katak) bitter gourd
2 tablespoons fish curry powder
300g prawns (shrimps), feelers removed
4 shallots, peeled and sliced
2 cloves garlic, peeled and sliced
1 stalk lemon grass, bruised
1 piece dried sour fruit (asam gelugur)
200ml coconut milk, extracted from ½ grated coconut
and 250ml water
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sugar and salt to taste
2 kaffir lime leaves (daun limau purut)
or turmeric leaves, finely sliced

Method:

Halve the bitter gourd lengthwise, remove the core and slice into two with ends intact. Rub with coarse salt and rinse. In a pot, place bitter gourd, fish curry powder, prawns, shallots, garlic, lemon grass, dried sour fruit, coconut milk and water. Bring to the boil over medium heat until bitter gourd is cooked and gravy thickens. Season with sugar and salt to taste and add kaffir lime or turmeric leaves.

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