

Bitter Gourd with Beef Recipe

Ingredients:

5/12 lb tender beef
1 bitter gourd (bitter melon)
1 tablespoon minced garlic
2 red chili peppers

Marinade Ingredients:

1 tablespoon Chinese cooking wine
1 tablespoon soy sauce
1 teaspoon cornstarch

Seasonings:

1 tablespoon soy sauce
½ teaspoon salt
1 tablespoon Chinese cooking wine
½ tablespoon sugar
½ tablespoon cornstarch mixed with 3 tablespoons of water

Method:

Cut beef into slices and marinate with the marinade ingredients for about 10 minutes. Rinse well the bitter gourd and halve it lengthwise. After bitter gourd is opened - do not wash it anymore, instead use a spoon to thoroughly scrape away the inner flesh before slicing. This will make the bitter gourd taste crunchier. Cut halved bitter gourd horizontally into 1-cm thick slices. Halve chili peppers, discard seeds and cut diagonally into sections. Blanch beef through smoking oil rapidly and remove. Blanch bitter gourd through the oil rapidly and remove. Heat 2 tablespoons of cooking oil to stir-fry minced garlic until fragrant. Add bitter gourd and beef as well as red chili pepper and seasonings. Sauté rapidly over high heat until evenly mixed and remove. Serve.

Note: Select bitter gourd with coarse lumps on surface, as it is less bitter. Blanch through oil first to give the bitter gourd a smooth texture.