

Bitter Gourd with Salted Egg Recipe

(Taiwanese Recipe)

Ingredients: Serves 4

300g bitter gourd
2 salted eggs
30g shredded ginger
100ml chicken broth

Seasoning:

Pinch of sugar
1 teaspoon chicken stock concentrate
Pinch of pepper

Method:

Rinse the bitter gourd and cut into small strips. Then, parboil into hot oil. Remove, and blanch into boiling water for a while. Dish out and drain well. Cook or steam the salted eggs until done. Shelled and cut into dices. Keep them aside. Heat up 2 tablespoons oil in the hot wok to fragrant shredded ginger. Add in salted egg dices, stir well. Pour in chicken broth and seasoning. Bring to a boil. Place in bitter gourd immediately, keep stirring over a high heat until dry. Dish up and serve.

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