

Bitter Melon with Salted Egg Recipe

Ingredients:

½ bitter melon
2 hard-boiled salted eggs
1 chili pepper, deseed and chopped
1 clove garlic, peeled and minced
1 tablespoons Chinese cooking wine
5 tablespoons water
pinch of salt, optional

Method:

Discard seeds from bitter melon, rinse well and slice 1cm thick. Remove shell from salted eggs and separate the egg yolks from the whites, then dice. Heat 3 tablespoons cooking oil to fry garlic till brown and aromatic. Add bitter melon and stir-fry. Add Chinese cooking wine, salt and cook the melon until done. Add salted eggs to mix, then add chopped chili pepper. Mix well and remove from heat. Serve.

Note: This dish has to be cooked over high heat. Add a little water to speed up cooking, however do not put the lid on, or the bitter melon will not taste crunchy.

Do not season with salt if the salted eggs are salty enough. Salted egg whites can be added during stir-frying to season it properly.

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