

Braised Bitter Gourd with Ribs Recipe

(Malaysian Recipe)

Ingredients: Serves 4-6

600g pork ribs
1 tablespoon fermented black beans
500g bitter gourd
1 tablespoon minced garlic
1 tablespoon minced ginger
200ml chicken stock

Seasonings:

½ teaspoon salt
1 teaspoon sugar
1 tablespoon oyster sauce
1 teaspoon sesame oil
a drop of dark soy sauce

Method:

Chop pork ribs into small chunks, scald in boiling water briefly then remove to rinse and drain. Mince fermented black beans. Remove seeds of bitter gourd then cut in thick strips. Heat up 2 tablespoons of oil and fry garlic, ginger and fermented black beans until fragrant. Put in the pork ribs and stir-fry evenly. Add seasonings and stock and braise in low heat for about 20 minutes. Add bitter gourd and stir well. Continue to braise for 15 minutes until the ribs are tender before serving. To eliminate bitterness in the gourd, after marinating bitter gourd in salt, squeeze out juice, scald in boiling water then rinse with water or add sugar to curb the bitter taste.

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