

Chicken Pineapple and Bitter Melon Recipe

(Taiwanese Recipe)

Ingredients: Serves 2

2 chicken legs

1 bitter melon

8 slices preserved pineapple

Seasonings:

1 tablespoon wine

½ teaspoon salt

Method:

Chop chicken legs and blanch in boiling water to remove blood, then rinse under cold water, drain. Rinse bitter melon, halve, remove seeds then cut into pieces, cut pineapple into pieces. Bring 7 cups water to a boil. Add chicken legs and wine and cook for 10 minutes. Add bitter melon and pineapple pieces. Until chicken legs and bitter melon are both soft, and add salt to taste. Ready to serve. When adding in pineapple, juice can also be put in to make it tasteful. Make sure the amount of salt to add. Be sure to cook on slow heat to keep the soup clear.

[asian_free_recipes_download][/[asian_free_recipes_download](#)]