

Amargoso Salad Recipe

(Bitter Melon Salad)

Ingredients: Serves 4

1 tender bitter melon (bitter gourd)
1 teaspoon salt
250 g cooked shrimps
2 firm red tomatoes, peeled and diced
2 hard-boiled eggs, chopped

Dressing:

3 tablespoons vinegar
½ teaspoon salt
2 teaspoons sugar
¼ teaspoon ground black pepper

Method:

Wash and then cut the bitter melon in halves lengthways. Scoop out the seeds with a spoon and discard. Cut green portion crossways into thin slices. Drop bitter melon into boiling water added with 1 teaspoon salt, bring back to the boil for 1 minute, then drain immediately. Shell and de-vein shrimps, and if large, cut into small pieces. Put all salad ingredients into a bowl. Stir dressing ingredients together, pour over salad and toss to mix. Alternatively, dressing can be served separately in a small bowl. Cover and chill.

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