

Bitter Gourd Beef Recipe

Ingredients:

200 g bitter gourd (use the less bitter variety which is plump and light green in color)
100 g fillet of beef sliced thinly
1/4 onion, cut into wedges
A few stalks scallion, using the white part only - cut into six 1 cm pieces
6 slices carrot
1 teaspoon chopped garlic
1 teaspoon chopped ginger
1 teaspoon chopped salted black beans
1 teaspoon chopped chilies
2 teaspoons Chinese yellow wine
1/4 cup chicken stock
1/4 teaspoon salt
1/2 teaspoon sugar
1 teaspoon tapioca flour mixed with 2 tablespoons water to form a paste
2 cups vegetable oil to deep fry bitter gourd and beef

Method:

Cut the bitter gourd in half and scrape off the seeds and inner white pith. Slice thinly on the diagonal and set aside. Heat 4 tablespoons oil in a wok and stir-fry garlic, ginger, black bean mixture and chilies over Medium Heat for 3 to 4 minutes till fragrant. Add bitter gourd and stir-fry for a few minutes before adding the other vegetables and the beef. Stir-fry briefly and add yellow wine by dribbling it along the sides of the wok. Add chicken stock and simmer gently till the mixture is well cooked before adding salt, sugar and tapioca flour paste. Simmer till the gravy is thick. Serve.