

Five-Flavored Bitter Melon Recipe

(Taiwanese Recipe)

Ingredients: Serves 4

1 bitter melon

Seasonings A:

1 tablespoon minced garlic

1 teaspoon minced cilantro

1 teaspoon minced scallions

1 teaspoon minced red chili

Seasonings B:

4 tablespoons ketchup

3 tablespoons sugar

1 tablespoon vinegar

1 tablespoon soy sauce

1 tablespoon sesame oil

Method:

Halve the bitter melon, remove seeds and cut each half lengthwise into three equal portions.

Select green bitter melon with large knobs on its surface. Remove the inner soft flesh and cut diagonally into thin slices. Remove to ice water and chill for one day until the bitter melon is transparent, then remove from water. When making the bitter melon translucent, soaking in ice water is faster than soaking in cold water. Combine seasonings A and B well to make into sauce, then serve on the side as a dipping sauce for the bitter melon. Remove the soft flesh completely so that the bitter melon will taste crunchy when served. Finish it as rapidly as you can once it is served, or line some crushed ice at the bottom to prevent the bitter melon from becoming soggy after it is defrosted.

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