

Simmered Bitter Melon Recipe

(Taiwanese Recipe)

Ingredients:

1 bitter melon
½ pack fermented soybeans
1 teaspoon minced garlic
1 shredded red chili
cornstarch water

Seasonings:

½ teaspoon salt
½ teaspoon soy sauce

Method:

Halve the bitter melon open, remove seeds and cut into rectangle pieces. Blanch in boiling water until slightly soft and remove. Heat 2 tablespoons of cooking oil to stir-fry minced garlic and fermented soybeans until fragrant. Add bitter melon and seasonings. Cook until done and flavor is absorbed. Thicken the liquid with cornstarch water, then sprinkle with seedless shredded chili pepper. Serve. Select green bitter melon with large lumps on surface, the whiter the bitter melon is, the less bitter it will be.

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