

## Stir-Fried Bitter Gourd Recipe

(Tumis Pare - Indonesian Recipe)

**Ingredients:** Serves 4

500g bitter gourd/momordica  
1 tablespoon salt  
3 tablespoons oil  
1 salam leaf (or bay leaf as a substitute)  
1 piece galangal, bruised  
150g shrimps, shelled  
salt and sugar

**Spices (ground):**

6 red chilies  
1 tomato  
3 candlenuts, roasted  
2 teaspoons salt  
3 cloves garlic  
½ teaspoon dried shrimp paste  
8 shallots

**Method:**

Cut the bitter gourd into two and scoop out the seeds. Cut into ½ cm pieces. Then squeeze the bitter gourd with 1 tablespoon salt until tender and foamy to reduce the bitter taste. Wash and drain. Heat oil and sauté ground spices, salam leaf and galangal until fragrant. Then add bitter gourd and shrimps. Pour in 100cc water and add salt and sugar. Cook until the gravy is completely absorbed.

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