



## Webinar Series Recipes

### Stir-Fried Bitter Melon with Egg

Serves 4

- 16-18 ounces bitter melon, about 2
- 5 large eggs
- Salt as needed
- Pinch of white pepper
- 1 teaspoon sesame oil
- 3 tablespoons avocado or canola oil
- 1 tablespoon Shaoxing wine
- 1 ½ teaspoons soy sauce
- 1 teaspoon oyster sauce
- ½ teaspoon sugar

1. Cut the bitter melon in half lengthwise. Use a spoon and scoop the seeds, scraping out the white pith. Slice into thin slices.
2. Bring a large pot of salted water to boil. Blanch the bitter melon for 45 seconds, then drain and set aside.
3. In a bowl, whisk together the eggs, salt, pinch of pepper, and sesame oil. Mix well and set aside.
4. Add half the oil in a pan over medium-high heat. Add the bitter melon and stir fry for 30 minutes. Add the wine, soy sauce, oyster sauce, and sugar, and cook for another 15 seconds.

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