

Bitter Melon Cup with Pork

Ingredients:

2 Bitter melons
1/2# ground pork
1/2 bunch cilantro
3 scallions
1 piece ginger
1oz oyster sauce
1oz soy sauce
1 egg white
Salt
Pepper

Directions:

Crush ginger and scallion then soak in 1 cup of water for 10 minutes, then save the liquid.
Cut bitter melon in 1-inch rings and blanch in boiling salt water. Add to ice cold water to stop cooking.

Mix egg white, oyster sauce, soy sauce into ground pork. Stir the mixture in one direction till it could pull strings. Then stir ginger scallion water into the mixture with the same direction.

Fill the bitter melon ring with pork mixture

Bake in 350 for 20 minutes

(Could use reduces vinegar for extra taste)

10 Servings:

Calories: 213
Total Fat: 12.9 g
Saturated Fat: 4.8 g
Cholesterol: 60 mg
Total Carbohydrate: 6.3 g