

Recipe

Stuffed Bitter Gourd Soup

By

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Ingredients

1 Chinese bitter gourd (it is 6 times bigger than the Indian bitter gourd)
4 tbsp soy meat
3 tbsp soy sauce
1 ½ tsp egg replacer, mixed with 2 tbsp warm water or 1 tbsp flaxseed meal, mixed with
3 tbsp warm water
1 tsp corn starch
½ tsp Chinese chili paste, optional
1 tsp salt
6 cups water
1 tsp sesame oil

Preparation

To make the soy meat stuffing, mix soy sauce, corn starch, egg replacer, oil, chili paste (optional), and soy meat well. Let stand for 15 to 20 minutes.

Meanwhile, cut the bitter gourd into 8 pieces (about 2 inches in length). With a spoon, scope out the meat of the bitter gourd and stuff with soy meat stuffing.

In a medium pot, boil the water and the stuffed bitter gourd pieces for 20 to 30 minutes. Add salt and sprinkle some sesame oil if desire.

***This soup is one of the most popular soup in Taiwan. It is good for people with high blood pressure, cancer, and diabetes.

Serves

4 servings

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