

KITAZAWA SEED CO.

R E C I P E S

Bitter Melon with Egg and Tofu

This recipe is shared to us by Terry Tsurue Combs. She learned to make it from Okinawan friends when stationed in Okinawa.

- 4 bitter melons
- 4 eggs
- 4 tablespoons cooking oil
- 1/2 brick medium/firm tofu
- 2 tablespoons soy sauce
- 1/4 cup dried bonito flakes
- Salt/pepper to taste

Cut bitter melon in half and scoop out seeds. Slice into $\frac{1}{4}$ inch thick pieces. Soak in cold water for 3 minutes and drain well. Cut tofu into small cubes. Heat oil in wok. Add bitter melon to hot oil and stir fry until bitter melon is soft. Add salt/pepper to taste. Add tofu and cook a minute longer. Add eggs and scramble with the bitter melon mixture until egg is set. Move bitter melon mixture to one side of wok. Add soy sauce to uncovered side of wok. When soy sauce is bubbling, mix all ingredients. Add bonito flakes and stir. Serve with hot rice.