

KITAZAWA SEED CO.

R E C I P E S

Bitter Melon

This is a home-style recipe to experiment with bitter melon. Bitter melons are bitter! If you haven't acquired a taste for them, about a 3-minute parboil before adding them to a recipe will reduce the bitterness.

- 1-2 slices of bacon
- 4-5 bitter melons
- 2-3 tablespoons soy sauce
- 2-3 tablespoons sugar
- 1/2 cup water

Slice bacon into 1/4" pieces and sauté until done. Cut bitter melons in half lengthwise and remove seeds. Slice into 1/4" thick pieces and add to cooked bacon. Add soy sauce, sugar and water and cook until desired doneness.