

Braised Chicken with Bitter Gourd ????

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/bitter-gourd-chicken-recipe-chinese>

Ingredients:

- 1 1/2 pounds chicken any parts - thighs and drumsticks work the best, skin removed, chopped into bite-size pieces
- 1 bitter melon large, ~1lb in weight
- 1 inch ginger thickly sliced
- 4 cloves garlic minced
- 3/4 tablespoon black bean sauce fermented
- 1 1/2 tablespoons yellow bean sauce
- 2 1/2 tablespoons cooking oil
- 1 teaspoon corn starch dissolved in 1/4 water for thickening
- 1/4 teaspoon white pepper powder
- 1 tablespoon light soy sauce
- 1/2 tablespoon Shaoxing wine
- 1/2 tablespoon corn starch
- 1 tablespoon light soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon sugar
- 1/3 teaspoon salt
- 3 dashes white pepper powder
- 1 cup water

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 125 milligrams
4. Fat: 16 grams
5. Protein: 40 grams
6. SaturatedFat: 2.5 grams

7. Sodium: 1080 milligrams

8. Sugar: 2 grams

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