

Braised Stuffed Bitter Melon in Black Bean Sauce

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-black-bean-bitter-melon-recipe>

Ingredients:

- 4 cups bitter melon about 3 to 4
- 7 ounces ground pork
- 2 shiitake dried, soaked in hot water until soft and spongy
- 1 tablespoon corn /tapioca starch
- 1 teaspoon soy sauce
- 1 teaspoon Shaoxing wine Chinese: Shao Xing Hua Tiao Jiu
- 1/2 teaspoon salt
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon sesame oil
- 2 garlic minced
- 1 red chili thinly sliced
- 1 tablespoon black bean sauce
- 1 tablespoon oyster sauce
- 1 teaspoon soy sauce
- 1 teaspoon sugar
- 1/2 teaspoon sesame oil
- 1 cup soaking liquid dried shiitake, /water
- 1 tablespoon corn starch + 1 tablespoon water

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 35 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 4 grams

8. Sodium: 1380 milligrams
 9. Sugar: 3 grams
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