

Beef with Bitter Melon

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/pickled-water-melon-skin-chinese-recipe>

Ingredients:

- 1 pound beef sliced against the grain, flank steak works well
- 2 melons medium bitter
- salt
- 1 tablespoon baking soda
- 2 tablespoons oil divided
- 6 cloves garlic finely chopped
- 2 tablespoons black beans rinsed and drained
- 1 1/2 tablespoons Shaoxing wine
- 1/2 teaspoon sugar
- 1 teaspoon dark soy sauce
- 1 tablespoon light soy sauce
- 1/2 teaspoon sesame oil
- 1/8 teaspoon white pepper
- 2 tablespoons water or chicken stock, optional
- 1 1/2 teaspoons cornstarch
- 1/4 teaspoon baking soda
- 1 teaspoon oyster sauce
- 1 teaspoon Shaoxing wine
- 2 teaspoons light soy sauce

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 75 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 7 grams
8. Sodium: 1820 milligrams

9. Sugar: 8 grams
 10. TransFat: 1 grams
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