

## Stuffed Bitter Melon Rings

### Summary

<b>Yield</b>	Servings
<b>Source</b>	wailana
<b>Prep time</b>	15 minutes
<b>Cooking time</b>	30 minutes
<b>Total time</b>	45 minutes

### Description

Although bitter melon has an unusual bitter taste, this recipe mellows its flavor while preserving its nutritional properties.

Image not found

[Stuffed Bitter Melon Rings - Wai Lana Recipe](#) 

### Ingredients

1 tspn  
toasted sesame oil  
2 clv  
Garlic, minced  
2 Tbsp  
Green onion, minced  
1 tspn  
Fresh ginger, peeled and finely grated  
1?4 c  
Water  
1 Tbsp  
Bragg liquid aminos  
1 tspn  
Raw sugar  
10 oz  
Firm tofu, pressed against a strainer to remove water, then mashed  
4 c  
Bitter melon, cut into 1/3-inch rings  
1 Tbsp  
Cornstarch for dusting  
1 Tbsp  
Peanut oil for pan-frying

--Sauce:

2 tspn

toasted sesame oil

2 clv

Garlic, minced

2 Tbsp

Fresh ginger, peeled and minced

2 Tbsp

Fermented black beans,\* chopped

1 7/8 tspn

Black pepper

2 Tbsp

Soy sauce

2 Tbsp

Raw sugar

1 1/4 c

Water

1 Tbsp

Cornstarch mixed with 1 Tbsp. water

## Instructions

1. Heat the sesame oil in a skillet on medium heat and sauté the garlic, green onion, and ginger until lightly browned. Add the water, liquid aminos, and sugar and mix well. Cook until the water is almost evaporated, then add the mashed tofu and mix well. Set aside to cool.
2. Using a small sharp knife, carefully cut the foamy seed part out from each bitter melon ring. Steam the rings for about 10 minutes, or until just tender. Drain and rinse under cold water to cool.
3. Pat a touch of cornstarch around the inside of each ring. Stuff each ring firmly with about 1/2 Tbsp. of tofu filling, or just enough to pack inside evenly.
4. Heat the peanut oil in a large nonstick skillet on medium heat. Place the rings in the skillet and pan-fry until golden brown on one side, then carefully turn to cook the other side. (Cook in 2 batches if needed.)
5. For the sauce, heat the sesame oil in a skillet on medium heat. Sauté the garlic and ginger until lightly browned. Add the remaining ingredients except the cornstarch mixture and mix well.
6. Bring to a boil, stir in the cornstarch mixture, and cook until thickened. Remove from the heat. To serve, arrange the rings on a large serving plate and drizzle the sauce on top.

## Notes

\*Fermented black beans are available in Asian markets or grocery stores in the Asian section. For a homemade variation, see below.

**Homemade Salted Black Beans:** Place 1/2 cup cooked black beans in a small saucepan. Add 1 1/2 Tbsp. rice vinegar, 1/2 tsp. salt, and 1/4 cup water. Mix well and simmer on low heat until the beans are almost dry. Set aside to cool slightly, then roughly chop.

Nutritional Information Per Serving:

Calories: 131, Fat 6.6g (59 cal), Carbohydrate 11g (44 cal), Protein 6.9g (28 cal)

Added information: Saturated Fat 0.7g, Cholesterol 0mg, Sodium 321mg, Dietary Fiber 2.3g

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**Source URL:** <http://www.wailana.com/lifestyle/recipe/stuffed-bitter-melon-rings>