

## Bitter Melon with Black Bean Garlic Sauce

Makes 4 servings

On Lok, August 2025

Vegetarian Delights

1-1/4 cups	bitter melon slices
2 teaspoons	salt

### Seasoning sauce:

2 teaspoons	vegetarian oyster sauce
1 teaspoon	soy sauce
1/2 teaspoon	sesame oil
½ teaspoon	sugar
1/8 teaspoon	ground white pepper

2 tablespoons	cooking oil
2 tablespoons	fermented black beans, rinsed and lightly crushed
2 cloves	garlic, finely minced
½	red bell pepper, seeded and cut into thin strips
¾ cup	assorted sliced mushrooms, any tough stems removed
2 teaspoons	Chinese rice wine or dry sherry

1. Toss melon pieces with salt, leave in a colander and let it drain for 5 minutes. Rinse with cold water to remove salt, squeeze out excess water.
2. Combine all seasoning sauce ingredients in a small bowl. Stir until sugar has dissolved.
3. Heat a wok or stir-fry pan over medium- high heat until hot. Add oil, swirling to coat sides. Add fermented black beans and garlic and cook until fragrant, about 1 minute. Add bitter melon, red bell pepper, mushrooms and rice wine; cook until vegetables are crisp-tender. Stir in seasoning sauce and bring to a boil. Serve hot.

Remark: You can also substitute bitter melon with okra or sugar snap peas.