Bittergourd/Bitter Melon Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

-1 medium-sized bitter melon; washed, seeds removed then cut into thin strips -1 egg, whisked - vegetable stock (or any stock you prefer) - dried anchovies (option) - salt, to taste (if you are not using dried anchovies, you can add more salt)

Instructions

Method: 1. Boil a pot of water. When boiling, add in dried anchovies(option), then add in bittergourd 2. Since in thin strips, it does not take long for the bittergourd to cook. Approx ~ 10-15mins for the bittergourd to soften (Note: It depends. If you like some crunch to be retained, do not boil it for too long) 3. Salt, to taste 4. When ready to serve, turn off the heat, and add in the egg slowly into the soup, stir slightly