

Bitter Melon & Apples

NOURISHING ABUNDANCE

clarifying, detoxifying

ingredients

- 2 bitter melon
- 2 garlic cloves smashed and diced
- 1 red fresno chile thin sliced
- 1 tbsp liquid coconut aminos
- 1 tbsp honey
- 1 tsp rice wine vinegar
- 1 shallot thin sliced
- 1 apple cut into cubes
- 1/2 cup golden raisins
- 2 tbsp ghee, coconut oil, or pork lard

process

Cut the bitter melon in half and thoroughly scrape out the inside seeds and white flesh. Slice the bitter melon into half moon 1/4 inch thick pieces. Clean the bitter melon under cold water, then sprinkle with salt and let sit for 10 minutes. Rinse the salt off and dry the bitter melon. Mix the honey, aminos, and vinegar in a small bowl. Warm the ghee/oil in a saute pan then add the bitter melon. Saute for 8 minutes on medium high heat stirring every 2 minutes. let the bitter melon develop a char to enhance the flavor and texture. Add the garlic, shallot, apple, raisins and red chile. Pour the sauce mix in and saute for another 2-3 minutes.

