

Balsam pear, goya melon, or bitter
squash (English), 苦瓜 (kǔ guā,
Mandarin), करेला (karela, Hindi),
الحنظل (alhanzil, Arabic)



Bitter Melon

a taste of Asia on the Floridian table

Bitter melon is widely grown throughout Asia, Africa, and the Caribbean. The vining plant is a member of the cucumber family, and the astringent edible fruits vary in shape, color and bitterness. Bitter melon has been a common ingredient in Asian and Indian cuisines for thousands of years, and it is used in a variety of ways in stir fries, pickling and to flavor beer. Asian immigration introduced bitter melon to the Americas in the 20th century, and today it is growing in popularity throughout the United States and particularly in the subtropical areas of Florida.

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culinary history, visit
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Happy man showing off his
bitter melon



BITTER MELON AND YOGURT

20
MINUTES
TOTAL

4
TOTAL
SERVINGS

INGREDIENTS

four large bitter melons
1/4 cup oil or butter
salt

black pepper
1/2 cup plain yogurt
1 tbsp honey (optional)

DIRECTIONS

1. Slice bitter melons lengthwise and remove seeds.
2. Cut bitter melon flesh into ribbons.
3. Heat oil in skillet.
4. Add bitter melon ribbons and stir until they begin to brown.
5. Remove from oil and let dry on a towel.
6. Add salt and pepper to taste.
7. Place yogurt in a serving dish (optional: drizzle honey over yogurt).
8. Dip bitter melon slice in yogurt as a side dish or appetizer.



FACTS

There are two main types of bitter melons; Chinese varieties are light green, oblong and are a common ingredient in stir fries, pickling sauces and as a bittering agent in place of hops in many beers produced in China and Japan. Indian varieties are dark green with deep ridges, and they are often sliced, marinated and fried with a side of sweet yogurt.

Bitter melon is rich in vitamins A and C, calcium, potassium, folate, iron, zinc, and fiber.

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