



Head over Meals

by Nazima Versay Kudus

Homemade Crunchy Fried Bitter Gourd

By Wan Noorli Razali

Bitter melon or bitter gourd is one of the most used fruits in many Asian cuisines. Despite its distinctive bitter taste that may not be popular among the younger generation, its health benefits have won many hearts. The green-fruited types with small wart-like bumps are said to have more bitter taste. It has been revealed that 94 grams of this raw fruit may contain enough vitamin C and A and fiber needed by the body based on the Reference Daily Intake (RDI) apart from its functions in controlling blood sugar level and decreasing cholesterol level (Julson, September 3, 2018). For these reasons, I would like to share a simple crunchy fried bitter gourd recipe that has become a compulsory dish for my family every week.



Ingredients:

Bitter gourds
100% Original rice flour
Salt
Oil

Instruction:

Wash the bitter gourds and slice them thinly.
Mix about 1 cup of rice flour with a teaspoon of salt in a bowl.
Pour in the sliced bitter gourds and mix until all the slices are covered with flour.
Heat the oil and fry the slices until they turn brownish.
They are best served and eaten hot once ready.



All slices covered in flour



Frying the sliced gourds in oil



The crunchy sliced gourds are served

At home, my mum always prefers to use 100% original rice flour as it is much more recommended for those with diabetes. Other commonly found rice flour in the market may be a mixture of different flours that include a trace of corn flour. According to an article by Nikita Bhardwaj (November 18, 2021), if corn flour is taken more than its prescribed amount, it may be harmful to the body as it increases the blood sugar level and blood pressure. Although it is risky, it has been frequently used to elevate the taste of dishes. To those who wish to control their weight, blood sugar and cholesterol level, it is best to add bitter gourd to your diet at least once a week. Do try this recipe.

References

Julson E. (September 3, 2018). 6 Benefits of Bitter Melon (Bitter Gourd) and Its Extract. <https://www.healthline.com/nutrition/bitter-melon>

Nikita Bhardwaj (November 18, 2021). Can eating too much corn flour damage your health? Surprisingly, yes. <https://www.healthshots.com/healthy-eating/nutrition/is-eating-cornflour-or-cornstarch-bad-for-your-health/>