

Sweet and Sour

Ingredients:

227g (Small) Can Pineapple Chunks in Natural Juice
150ml Cold Water
1 Skinless Chicken Breast / 150g Pork / 150g Prawns
1 Pepper (Any Colour of Your Choice)
1 Small Onion
2 Tablespoons Tomato Ketchup
2 Tablespoons Light Soy Sauce
2 Tablespoons Vegetable Oil
1 Tablespoon Cornflour
1 Tablespoon White Wine Vinegar
Black Pepper



School will provide these for you



Please bring a dish to take your sweet and sour chicken home in.

Method:

1. Weigh and measure out all ingredients accurately.
2. Peel the onion. Cut in half and slice into thin strips.
3. Wash the peppers, cut in half and remove the seeds and white pith. Cut each piece in half and slice into strips.
4. Open the can of pineapple chunks and use a sieve to drain the pineapple juice into a measuring jug.
5. Mix the cornflour with a little pineapple juice in a jug to make a paste. Stir in the remaining pineapple juice, with the ketchup, soy sauce, white wine vinegar and 150ml cold water.
6. On a red chopping board, cut the chicken or pork into 1cm strips with a red handled knife. Now wash your hands after touching the raw chicken. Spray the chopping board and red handled knife with antibacterial spray.
7. Put a large saucepan on the front of the hob; add 1 tablespoon of vegetable oil.
8. Place the cut chicken / pork into the saucepan and cook for approximately 5 minutes, stirring occasionally. The chicken will change colour from pink to white. Ensure you control the hob temperature carefully. If you are using prawns add these to the saucepan at the same time as the vegetables.
9. When the chicken is white add the onion and peppers and cook for a further five minutes until the vegetables have softened.
10. Stir in the pineapple chunks.
11. Add the homemade sweet and sour sauce and stir until the mixture thickens. Gelatinisation occurs at 100°C, you will also see small bubbles in the sauce at this temperature.
12. Simmer on a low heat for 5 minutes, stirring occasionally.
13. Season with black pepper.

At Home: When you get home, heat thoroughly until the sweet and sour sauce is piping hot and the meat has a core temperature of 75°C. Serve with rice.