

Sweet and Sour Sauce

Ingredients

- 2 teaspoons cornflour
- 50g/ 2oz brown sugar
- 3 tablespoons red/white wine vinegar, rice vinegar or cider vinegar
- 3 tablespoons tomato sauce or ketchup
- 1 small tin pineapple chunks in juice
- 150ml / ¼ pint pineapple juice (from the can of chunks)
- 1 tablespoon light soy sauce

To serve:

2 sliced spring onions, sliced (optional)



Method

1. Put the cornflour and brown sugar in a small saucepan.
2. Stir in the vinegar, ketchup, pineapple juice and soy sauce.
3. Add the pineapple chunks.
4. Heat gently whilst stirring, until the sauce boils and thickens.
5. Simmer gently for 2-3 minutes.
6. Sprinkle chopped spring onions on top to serve.

Use with stir fried chicken, pork, prawns or salmon. Alternatively, this recipe can be used as a dipping sauce.



Name