

Our Community Garden



Recipe Collection

Sweet & Sour Sauce

This is a basic sweet & sour sauce recipe, which will go with anything from vegetables to chicken, turkey and pork. It should be enough to make a dish for 4 people.

You need

100ml cold water
50ml cider vinegar
50ml pineapple juice
1 1/2 tablespoons tomato ketchup
3 tablespoons caster sugar
2 tablespoons cornflour
pineapple chunks (optional)



To make

Add water, vinegar, pineapple juice, ketchup and sugar into a pan

Dissolve cornflour in 1 tablespoon water and add to pan

Continuously stirring, bring all ingredients to the boil, then turn down to simmer and add pineapple (optional), before stirring for another 2 minutes

Optional: add 1 quartered onion and 1 diced green/red or yellow pepper and/or a couple of slices of fresh ginger - at the stage the pineapple is added

If you are adding meat, ensure it is cooked separately before adding to the sauce

Tip

To make a thicker sauce add more cornflour paste

Tip

If you want the sauce sweeter then add more sugar or pineapple juice (you may need to add more cornflour if adding more liquid)

Bon Apétit