

Sweet and Sour Sauce

A tangy sauce in the **Chinese**¹ oriental fashion.

Quantities are for a meal for four.

Ingredients

- 100 g **FAIRTRADE** raw cane sugar
- 80 ml cider vinegar
- 60 ml dark soy sauce
- 60 ml tomato puree
- 300 g **FAIRTRADE** pineapple
- 40 ml cornflour
 - 1 green capsicum
 - 1 small chili pepper
- 50 ml **FAIRTRADE** tropical juice

Bring to the boil, turn down and simmer for 5 minutes.

Add the pineapple, capsicum and chili peppers

Simmer for a further 10 minutes, or until the capsicum is cooked to your liking.

To serve

Serve as a sauce with:

Chicken Nuggets ² to make Sweet and Sour Chicken

Variation

1) Use a tin of chopped pineapples (not Fair-trade).

2) Omit the chili pepper if people are not used to hot spice.

Method

Preparation

De-seed the capsicum and chop small.

De-seed the chilli pepper and chop very fine.

Cut the skin and core from the pineapple, and cut into bite sized pieces. Retain any juices.

Cooking

Put the sugar, vinegar, soy sauce, and tomato puree into a saucepan with the pineapple juice and tropical juice.

Make the total volume of liquid up to about 500ml with hot water.

Blend the cornflour with a little water until runny, add some hot juices from the pan to the cornflour, and then add the cornflour juices to the pan.

¹<http://www.fairtradecookbook.org.uk/countries/china.htm>

²http://www.fairtradecookbook.org.uk/recipes/chicken_nuggets.htm