



SWEET AND SOUR SAUCE

PREPARATION TIME: 5 minutes

COOKING TIME: 4 ½ - 6 minutes (microwave), 10-15 minutes (stove)

SERVINGS: 350 mL

INGREDIENTS

250g tin of pineapple chunks in natural juice

1 ½ tbsp. (15g) cornflour

3 tbsp. (45g) brown sugar

2 tbsp. (30mL) white vinegar

1 tbsp. (15mL) soy sauce

½ small green capsicum, seeded and finely chopped

METHOD

Microwave

1. Blend the cornflour, brown sugar, vinegar and soy sauce with the liquid from the tinned pineapple. Pour into a microwave bowl.
2. Cook on high for 1 ½ - 2 minutes, until mixture boils.
3. Stir in capsicum and pineapple. Cook, covered, on high for 3-4 minutes. Stir halfway through cooking time.



METHOD

Stove

1. Blend the cornflour, brown sugar, vinegar and soy sauce with the liquid from the tinned pineapple into a small saucepan.
2. Cook on medium heat for 5-8 minutes, until mixture boils.
3. Add in the capsicum and pineapple. Cook, uncovered, for 5-7 minutes or until capsicum is softer. Stir frequently through the cooking time.

NOTES

This sauce may be used over vegetables, fish, rissoles or as desired.

SHARED BY

Sharon



Photo courtesy of – Wikipedia Commons

http://commons.wikimedia.org/wiki/File:Sweet_and_Sour_Chicken.JPG?uselang=en-gb

Note – the above photo is of Chinese Sweet and Sour Sauce which has the addition of onions, red capsicum and shallots.

