



Sweet and Sour Chicken

Hygiene Check and Equipment list Sweet and Sour Chicken



- What must you do before we start?
- Make sure you are ready to cook before getting your equipment out!

What do you need?

- A large saucepan and frying pan
- Chopping board – which colours?
- Sharp knife (safety with carrying and washing!)
- Wooden spoon for stirring
- A plate for rubbish
- Tin opener
- Measuring jug
- Tablespoon



Ingredient List

Sauce - put it in a jug:

juice from half a tin of pineapple made up to 250ml with water

2 level tablespoons sugar

1 level tablespoon cornflour

1 level tablespoon tomato puree

1 tablespoons vinegar

1 tablespoon soy sauce



Chicken – in the pan!

Chicken breast sliced

Salt and pepper

1 teaspoon oil

1 large onion

½ sliced red or green pepper

½ can pineapple cut up



Process



- Slice the onions and peppers.
- Place in the pan with a teaspoon oil.
- On a red board chop the meat into bitesize pieces.
- Wash hands!
- Heat the pan on a medium heat and fry the chicken and vegetables until golden. 5-10 mins.
- Check the chicken is cooked. How?
- Pour half the juice from a can of pineapple into a jug.
- Add enough water to make 250ml.
- Slice up the pineapple on the vegetable board, add to the pan with the chicken.
- Measure the sauce ingredients into the jug and stir until smooth.
- Pour this into the pan with the chicken, stir with wooden spoon and bring it to the boil, bubble gently (simmer) for 10 mins while you wash up. It should go clear and thick!

Process for Rice



- Half fill a pan with hot water from the tap.
- Set to boil.
- Once it is boiling place 2 handfuls (75g) of rice in gently. Don't splash!
- Stir and when it is boiling again reduce heat slightly and boil for 10 minutes.
- Remove some with a spoon and test.
- When tender drain in a sieve over the sink and rinse with hot water.