

Sweet & Sour Pork

Preparation : 20 minute
Cooking Time : 10 minutes
Serves : 4

This recipe is so simple and easy to prepare and cook it will become a favourite for all the family. As stated these are Restaurant Chef quality recipes that just keeps the customers coming back for more. See what you think.

INGREDIENTS

<ul style="list-style-type: none">• 1 Onion sliced• 1kg pork fillet• 6 tbsp white vinegar• 1 tsp salt• 2 eggs• 3 cups peanut oil (cooking)• 2 tbsp cornstarch• 1 cup water	<ul style="list-style-type: none">• 6 tbsp sugar• 1 green capsicum• 1 tbsp tomato paste (Leggo brand)• ½ tsp soda powder• 5 tbsp cornflour• Additional ½ tsp salt
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METHOD

1. Slice pork fillets into 25mm cubed pieces and place in large mixing bowl.
2. Marinade for 2 hrs by adding tsp salt, soda, beaten eggs, and dry corn flour. Adding Chinese rice wine or Penfolds Sweet Sherry if mixture is to dry. Mix well and set aside.
3. Prepare onion by peeling, halving and slicing coarsely, set aside.
4. Prepare green capsicum by removing centre, seeds, cutting in half (length ways) and slicing into 6mm wide strips, set aside.
5. Prepare sauce by placing tomatoe paste in separate bowl. Add water, sugar, white vinegar and ½ tsp salt. Mix well until dissolved and set aside.
6. Prepare wok and heat 2 tbsp oil, and swirl to coat wok sides. Add onion and capsicum and stir fry 2 min. Add sauce mix and stir. Add cornstarch mix and stir until sauce thickens. Remove and set aside.
7. Clean and prepare wok and heat 3 cups oil very hot.
8. Add pork in small quantities and deep fry for 1 min only. Do in batches until complete.
9. Return all cooked pork to the wok and deep fry a second time for approx 2mins or until well browned.

(Twice cooked)

- 10.** Remove pork temporarily using a wire scoop or similar. Remove oil from wok and return sauce mixture and heat through.
- 11.** Add pork to mixture, stir and place on serving plate.

ACKNOWLEDGEMENTS

Recipe with the compliments of Alex and Lucy Zao. Perth Western Australia