



This is a much more traditional version of Sweet and Sour than the Anglicised bright Orange version we're familiar with from Chinese takeaways.

Protein Ingredient:-

Pork Loin, cut into strips with the fat removed

Marinade Ingredients:-

2 Tbsp of Shaoxing Wine

½ a Tsp of Salt

Sauce Ingredients:-

¼ Tsp of Salt

4 Tsp of Cornflour

3 Tbsp of Sugar

2 Tbsp of Balsamic Vinegar

1 Tbsp of Soy Sauce (Gluten free works fine)

3 Spring Onions, green parts chopped

3 Cloves of Garlic, minced

200ml of Chicken Stock

1 Tsp of Sesame Oil

1 Tbsp of Sesame Seeds

2 Tsp of fresh Ginger, grated

½ a Red Pepper, sliced

Oil to fry

Batter Ingredients:-

2 Eggs, beaten

70g of Cornflour

Salt & Pepper to season

Method:-

- (1) Place the Pork strips on a bowl with the Salt and Shaoxing Wine. Cover with cling film and pop in the fridge for 30 minutes.
- (2) For the Sauce combine the Soy Sauce, Cornflour, Salt, Sugar and Vinegar in a bowl.
- (3) In another bowl add the Egg, Cornflour and Salt & Pepper. Whisk you form a thick batter.
- (4) Dunk the Pork in the butter in batches and ensure that it is fully coated.
- (5) Fry in batches at 160c for about 3 minutes and drain on kitchen paper.
- (6) Increase the heat to 180c and re-fry until crisp and golden.
- (7) Heat the Oil in a frying pan and add the Garlic, Ginger and Red Pepper. Cook until fragrant.
- (8) Add the Stock and bring to the boil.
- (9) Add the Sauce and stir briskly until it thickens.
- (10) Add the Spring Onions and stir in.
- (11) Add the Pork to the Sauce.
- (12) Serve over boiled Rice, garnished with sliced Spring Onions and Sesame seeds.

We really enjoyed this version. It's easy to see how the English / Chinese rendition evolved from something similar.