

# Sweet and Sour Chicken

## Requisition of Equipment

2 blue trays, vegetable knife, safety mat, digital scale (optional), digital timer, brown chopping board, red chopping board, small mixing bowl for peelings, measuring jug, metal spoon, large saucepan, wooden spoon



## Method

Time	Steps
<b>Step 1</b> 15 min	Personal and kitchen hygiene. Collect equipment. Weigh/measure ingredients. RE SET TIMER.
<b>Step 2</b> 15 min	Place safety mat beneath brown chopping board. <b>Peel</b> and <b>dice</b> onion. Place peelings into small mixing bowl. Thinly <b>slice</b> the pepper. <b>Thinly slice</b> chicken fillet breasts on red chopping board. Wash hands as you have touched raw meat. RE SET TIMER.
<b>Step 3</b> 5 min	Open can of pineapple chunks and drain juice into a measuring jug. Add water to the juice to make 300ml liquid. Add the premeasured cup of vinegar, soya sauce, tomato puree, cornflour and sugar. Mix well. RE SET TIMER.
<b>Step 4</b> 5 min	Your teacher will pour your oil into saucepan. Heat oil on a medium heat (number 3). Test oil for correct frying temperature. Gently <b>fry</b> onion and pepper. RE SET TIMER.
<b>Step 5</b> 15 min	Add chicken and <b>fry</b> (on number 3) until white in colour. Check chicken is cooked through by cutting one piece in half. Stir with wooden spoon. RE SET TIMER.
<b>Step 6</b> 10 min	Add the can of pineapple chunks. Stir your jug of sauce and add to the saucepan. Turn up the heat (number 6) until the mixture starts bubbling. Make sure you continue to stir as the mixture will go thick very quickly. Turn the heat to number 1. RE SET TIMER.
<b>Step 7</b> 15 min	Leave to gently <b>simmer</b> for 15 minutes, stirring occasionally. Wash up using hot soapy water. Pack all equipment away. RE SET TIMER.
<b>Step 8</b> 10 min	Place sweet and sour chicken into container and then into blast chiller. Do a final clean up. Sweep floor. Set out washing and drying clothes for the next class.

## Ingredients

- 2 chicken fillet breasts
- 1 onion
- 1 pepper
- 1 can pineapple chunks
- 1 tablespoon vinegar (school)
- 1 tablespoon soya sauce (school)
- 1 tablespoon tomato puree (school)
- 1 tablespoon cornflour (school)
- 1 tablespoon sugar (school)
- 2 tablespoons oil (school)



**CONTAINER**