

Sweet and Sour Chicken

Method

1. Wash your onion and pepper
Use a colander and a plate to catch drips
2. **Peel and dice** the onion
Use a brown chopping board
3. **Chop** the pepper into medium sized even pieces
Use a green chopping board
4. **Chop** chicken into even sized pieces on a red chopping board **[A]**
You may cut chicken with kitchen scissors if you prefer
! Wash your hands and knife (scissors) after touching raw chicken
5. Open pineapple can and **drain** the juice into a measuring jug **[B]**
Keep the pineapple pieces, you will need these later
6. Add water to the juice to make 250ml of total liquid
7. Add the vinegar, soya sauce and sugar to the liquid
8. Add the tomato puree to the liquid and **mix**
9. Add the cornflour
10. **Mix** well in the measuring jug using a dessert spoon **[C]**
Make sure all the cornflour has dissolved, especially from the bottom of the jug
11. Add oil and 1 piece of onion to the saucepan
Your teacher will add the oil for you
12. Heat the oil to the correct frying temperature
! Heat on number 6 but immediately turn down to 3 when test piece of food sizzles – stay focussed
13. Add onions and peppers and **gently fry** for a few minutes
You do not want the onions to brown, just soften
Stir with a wooden spoon
14. Add the chicken and **fry** until cooked
! Cooked chicken is white all the way through
! Add a drop of your sauce if ingredients start sticking to the bottom of the saucepan
15. Stir your jug of sauce then add it all to the saucepan
16. Add the pineapple chunks
17. Turn up the heat to bring to the **boil**
! Stir continuously as the mixture bubbles and thickens
18. Once the mixture has thickened, turn down the heat and **gently simmer** for 10 minutes **[D]**

Ingredients

- 1 or 2 chicken breasts
- 1 onion
- 1 red or green pepper
- 1 tin of pineapple chunks
- 1 tbsp tomato puree
- 1 tbsp oil (school)
- 1 tbsp vinegar (school)
- 1 tbsp soya sauce (school)
- 1 tbsp sugar (school)
- 1 tbsp cornflour (school)
- Container

Equipment

- Blue tray
- Can opener
- Safety mat
- Wooden spoon
- Timer
- Dessert spoon
- Vegetable knife
- Measuring spoons
- Kitchen scissors
- Measuring jug
- Colander and plate
- Small bowl
- Large saucepan
- Chopping boards

Key Moments



[A] Chopped chicken (even sized pieces)



[B] Drain pineapple juice into measuring jug, leaving the pieces in the can for later



[C] All the sauce ingredients mixed in the measuring jug



[D] The finished dish should have a sticky, not watery, sauce