

Sweet and Sour Pork Recipe

(Chinese Sweet and Sour Pork Recipe)

Ingredients:

600 g centre-cut pork loin, trimmed
1 egg
100 g corn flour
1 tablespoon oil
1 onion, cubed
1 red capsicum (pepper), cubed or cut into small triangles
2 scallions, cut into 2 cm lengths
150 g Chinese pickles
250 ml clear rice vinegar
80 ml tomato sauce (ketchup)
300 g sugar
oil, for deep-frying

Method:

Cut the pork into 2 cm ($\frac{3}{4}$ in) cubes and put it in a bowl with the egg, 75 g of the corn flour and 2 teaspoons water. Stir to coat all pieces of pork. Heat a wok over high heat, add the oil and heat until very hot. Stir-fry the onion for 1 minute. Add the capsicum and scallions and cook for 1 minute. Add the pickles and toss together to combine. Add the rice vinegar, tomato sauce and sugar and stir over low heat until the sugar dissolves. Bring to the boil, then simmer for 3 minutes. Combine the remaining corn flour with 75 ml water, add to the sweet and sour mixture and simmer until thickened. Set aside. Fill a wok to one-quarter full of oil. Heat the oil to 180°C, or until a piece of bread fries golden brown in 15 seconds when dropped in the oil. Cook the pork in batches until it is golden brown and crispy. Return all of the pork to the wok, cook until crisp again, then remove with a wire sieve or slotted spoon and drain well. Add the pork pieces to the sauce, stir to coat, and reheat until bubbling.

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