



I made a shopping error. Sue fancied some Grapefruit Juice but idiot boy here came back with Pineapple Juice, which neither of us like. But all is not lost!

Ingredients for the battered Chicken:-

2 Chicken breasts, cut into cubes
250g of Cornflour
50g Self raising Flour (Gluten free in our case)
Chilli flakes
Turmeric
Onion Salt
Garlic Salt
Sparling Water

Method:-

- (1) Mix the dry ingredients and dredge the Chicken breast meat.
- (2) Add sufficient Sprinkling Water to make a in batter.
- (3) Heat the fryer to 170c.
- (4) Fry in small batches until they float and are golden brown. If you have a probe you are looking for 76c in the middle, but not much more.
- (5) Drain on kitchen paper.

Ingredients for the Sweet & Sour Sauce:-

1 Onion, finely chopped
1 Red Pepper, chopped

2 Cloves of Garlic, grated
Tomato Ketchup
Vinegar (We used Malt & Spirit)
Pineapple Juice
4 Spring Onions, sliced
Chilli Flakes
Cayenne Pepper
Soy Sauce
Salt & Pepper
Oil

Method:-

- (1) In a large pan or Wok fry the Onions and then add the Garlic with the dry seasonings.
- (2) Add The Red Pepper.
- (3) Add the Soy Sauce, Tomato Ketchup and Vinegar.
- (4) Simmer and add the Pineapple juice.
- (5) Simmer for 10 to 15 minutes to reduce.
- (6) Add the Spring Onions are stir in.

We served this on a bed of Turmeric Rice with a few Spring Onion Tops sliced as a garnish.