



Sweet & Sour Chicken



makes 2



55 minutes

INGREDIENTS

2 boneless, skinless chicken breasts

1 small tin pineapple chunks in juice

2 tbsp sunflower oil

1 onion

1 red or green pepper

1 tbsp cornflour

For the sauce

1 tbsp cornflour

2 garlic cloves, crushed

25g/1oz piece fresh root ginger, peeled and finely grated

5 tbsp Pineapple juice

1 tbsp dark soy sauce

3 tbsp tomato ketchup

EQUIPMENT

- Red chopping board
- Green chopping board
- Measuring jug
- Tablespoon
- Garlic crusher
- Frying pan
- Sharp Knife
- White plastic spoon

TIMEPLAN

Time	Activity	Health and safety points	Food quality points
1	Open the tin of pineapple carefully. To make the sweet sour sauce: put 1 tbsp cornflour in a jug and stir in 2 tbsp of the pineapple juice until smooth.	Be very careful with the tin opener	Mix until there are no lumps left
2	Add the remaining pineapple juice, stir in 2 crushed garlic, finely chopped ginger, 1 tbsp soy, 3 tbsp ketchup and chilli flakes until thoroughly combined.		Use a garlic crusher
3	Taste it, add 2tbsp vinegar, 2tbsp sugar if you want it to be more sweet and sour.		
4	Peel and cut 1 onion into quarters, cut each quarter in half. Deseed and chop 1 red pepper and 1 green pepper into quarters. Cut each quarter in 1/3 Trim and slice 4 spring onions into thin slices	Use the bridge and claw method carefully	



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5	Prepare the chicken: Cut each chicken breast into seven to nine even pieces (depending on size). Leave aside. Sprinkle 1 tbsp of cornflour over the chicken. Mix with your hands to coat all sides.	Use a red chopping board to prevent cross contamination. Wash your hands with warm soapy water.	Cut into even sized chunks.
6	Cook the chicken: Heat the oil in a large non-stick frying pan. When the oil is heated, add and stir-fry the onion and peppers for 2 minutes over a high heat. Add the chicken and stir-fry for four minutes until chicken is very lightly coloured on all sides.	Be careful when using the hob, make sure the oil does not spit at you.	
7	Add the pineapple chunks. Add the sweet and sour sauce to the pan, stir well. Bring to a simmer then turn the heat to low/medium for 5 minutes.	Do not let it burn or stick to the bottom of the pan.	
8	Cook for 4–5 minutes, stirring regularly until the chicken is cooked through, and the pineapple is hot. (75°C) Sprinkle with sliced spring onions and serve hot.	Use a temperature probe to check the internal temperature of the chicken is 75°C.	



Food Science: **Gelatinisation**

The thickening of a mixture, in the presence of heat, due to the swelling of starch grains. (Cornflour in the sweet and sour sauce)



Skills:

Knife skills bridge and claw – weigh and measure, slice, dice, crush, peel, whisk, stir, combine, thicken



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