

SWEET AND SOUR PORK (4 portions)

450g belly pork cut into 2cm cubes	1 tbspn soy sauce
2 tbspn dry sherry vinegar	1 tbspn white wine
1 tbspn sesame oil	2 tspn rice wine vinegar
1 small onion finely diced	50g tomato ketchup
½ red pepper diced	40mls pineapple juice
½ green pepper diced	20g clear honey
1cm finely diced fresh ginger	150g diced pineapple
1 clove garlic crushed	1 tbspn chilli sauce
15g cornflower diluted	

1. Remove the rind from the pork and cut into 2cm cubes
2. Marinate the pork in the sherry for 30 minutes or longer
3. Heat the sesame oil and gently fry the finely diced onion with the red and green pepper until softened
4. Add the finely chopped ginger and garlic and cook for a minute longer.
5. Add the soy sauce, white wine vinegar, rice vinegar, tomato ketchup, pineapple juice and honey and bring to the boil.
6. Add the diced pineapple, reduce the heat and simmer for 10 minutes
7. Add the chilli sauce, some salt and pepper, stir in the diluted cornflour and simmer for a further 5 minutes.
8. If the sauce becomes too thick then add a little water to adjust the consistency

FOR THE BATTER

1 large egg
1tbspn cornflour

1. Mix together to make a light batter.
2. Drain the pieces of pork and coat in the batter.
3. Shallow fry the pork in vegetable oil over a high heat for 3 to 5 minutes and then drain very well.
4. Add the pork to the warm sweet and sour sauce and heat together for a moment. The pork should stay crispy.