



Sweet and Sour Sauce

50ml Sugar
50ml Vinegar
25ml Soy sauce
25ml Cornflour
25ml Tomato concentrate
60ml Fresh orange juice
470g Can of crushed pineapple
1 Green pepper, seeded and chopped with MINCER
1 Small onion, chopped with MINCER

Method:

In a small saucepan, mix sugar, vinegar, soy sauce and the cornflour until smooth. Add the remaining ingredients, stirring over medium heat for 5-10 minutes until sauce thickens.
(Makes 500ml)