

Polwhele House Chinese New Year Recipe Card

Sweet & Sour Chicken



Prep: 20 mins
Cook: 45 mins
Easy
Serves 4

Try an authentic version of this classic Chinese takeaway dish, with natural sweetness and a warm chilli flavour to spice things up

Ingredients

- sunflower or vegetable oil, for frying
- 100ml soda water, chilled
- 140g self-raising flour
- 25g cornflour
- 4 skinless, boneless chicken breasts, cut into chunks
- spring onions, finely shredded, to serve
- For the sauce
- 1 red pepper, deseeded and chopped into chunks
- 3 red chillies, 1 cut into chunks, 2 halved and deseeded
- 425g can pineapple chunks, drained and juice reserved
- 4-star anise
- 50g tamarind paste
- 100g caster sugar
- 100ml Chinese vinegar

Method

STEP 1

For the sauce, put the red pepper, chunks of chilli and pineapple juice in a pan and bring to the boil. Cover and cook for 10 mins, then purée in a food processor. Return to the pan with the pineapple chunks, chilli halves, star anise, tamarind, sugar and vinegar. Gently simmer for 20-30 mins until reduced and sticky. Keep warm, or reheat to serve.

STEP 2

Fill a large pan 1cm deep with oil and heat until shimmering. Whisk the soda water and 100ml cold water into the self-raising flour with a little salt. Tip the cornflour onto a plate, line a tray with kitchen paper and turn on the oven to low.

STEP 3

Stir the batter well. Dust the chicken with cornflour, then dip into the batter. One at a time, lower into the hot oil (about 5-6 every batch). Turn up the heat to keep the chicken frying, if needed, and cook for 5-6 mins, turning once. When cooked, drain on the tray, and keep warm in the oven. Repeat with the remaining chicken. Stack onto a plate with the warm sauce on the side, and scatter with shredded spring onions.