

SWEET & SOUR CRISPY PORK SHOULDER

15 MINUTES

Cook Time

4

Servings

TOMATO KETCHUP

Heinz Products

Ingredients:

1 tsp Chinese Allrounder

500 g pork shoulder

2 tbsp AMOY Soy Sauce

1 tbsp rice wine

1 tbsp cornflour

1 red pepper

1 green pepper

1 onion

1 carrot

3 cloves garlic

150 g pineapple, in chunks

Vegetable oil for frying

Steamed rice or noodles to serve

For the sauce:

120 ml Heinz Tomato Ketchup

60 ml rice vinegar

30 ml AMOY Soy Sauce

60 g sugar

120 ml water

15 g cornflour, mixed into a little cold water

Method:

1. Cut the pork into chunks about 2 cm in size. In a large bowl, mix the pork with the AMOY Soy Sauce, rice wine, Chinese Allrounder and cornflour until the meat is evenly coated with the marinade.
2. Cover the bowl and marinate in the fridge for at least 30 minutes (preferably overnight). Meanwhile, finely chop the garlic. Wash the peppers and slice thinly. Peel the onion and slice into thin rings. Peel the carrot and slice thinly.
3. Heat the vegetable oil in a wok or deep pan over a medium to high heat.
4. Coat the marinated pork again with a thin layer of cornflour. This "double-dredging" gives the meat an extra-crispy crust.
5. Carefully place the dredged pork pieces in the hot oil, taking care not to overcrowd the pan. If necessary, fry the meat in several batches.
6. Fry the pork for 4–5 minutes until golden brown and crispy. Remove from the wok with a slotted spoon and place on a plate lined with kitchen paper.
7. Remove the excess oil from the wok, leaving just 2 tbsp. Add the garlic to the pan and cook until fragrant.
8. Add the rest of the vegetables and fry for 3–4 minutes, stirring occasionally.
9. In a small bowl, mix all the ingredients for the sauce until the sugar has dissolved. Then add the sauce to the vegetables in the wok.
10. Add the pineapple pieces and mix everything well.
11. Simmer the sauce for 2–3 minutes until it thickens.
12. Add the pork and toss well in the sauce to coat evenly.

Chef's tip: Serve the crispy sweet-and-sour pork over steamed rice or noodles.

