

## Chinese Sweet and Sour Chicken

1 egg

2 tablespoons cornflour

500 g/1 lb skinned chicken breast fillets, cut into 2.5 cm/1 inch cubes

rapeseed oil, for deep-frying

salt

coriander, to garnish

### SAUCE

1 teaspoon cornflour

125 ml/4 fl oz cold Chicken Stock (see page 8) or water

1 tablespoon soy sauce

1 tablespoon wine or cider vinegar or dry sherry

1 tablespoon soft brown sugar

1 tablespoon tomato purée

**1** Lightly beat the egg in a shallow dish with the cornflour and a pinch of salt. Add the cubes of chicken and turn them gently to coat with the cornflour mixture. Set aside.

**2** To prepare the sauce, blend the cornflour with 2 tablespoons of the stock or water in a jug, then blend in the remaining stock or water and the remaining sauce ingredients. Set the mixture aside.

**3** Pour enough oil into a wok for deep-frying and heat to 180-190°C (350-375°F), or until a cube of bread browns in 30 seconds. Deep-fry the cubes of chicken, a few at a time, for 2-3 minutes each batch until golden. Lift out with a slotted spoon and drain on paper towels while deep-frying the remainder.

**4** Carefully pour the oil out of the wok and discard. Whisk the sauce again to combine, then pour into the wok. Increase the heat to high and bring to the boil, stirring constantly.

**5** Lower the heat and return the chicken to the wok. Simmer over a gentle heat for 30-60 seconds until the chicken is completely heated through. Serve immediately, with plain boiled or steamed white rice or noodles and stir-fried green vegetables, and garnished with coriander sprigs.

### Serves 4

Preparation time: 10 minutes

Cooking time: about 10 minutes

