

Sweet 'n'Sour Crispy Chicken



 45 Min  1134  1 - 2  Bit Tricky

Ingredients :

- 1 - 2 Chicken Breast (20 balls approx.)

For the batter :

- 4 oz Plain flour
- 50 ml Olive oil
- 25 ml water
- 125 ml lager (beer)

For the Sauce :

- 4 tablespoons of pineapple juice (60 ml)
- 4 tablespoon white wine vinegar (60 ml)
- 40 g Soft brown Sugar
- 8 tablespoons of ketchup (120 ml)
- 4 tablespoon of light soy sauce (60 ml)
- 2 teaspoons cornflour
- Splash of water

'Crispy chicken balls have become associated with Chinese takeaway food. And let's be fair about it, when it comes to iconic Chinese grub, what could be better than these and some egg fried rice. ?'

For this recipe you are going to need a quality crispy batter mix, this is almost the key to this dish along with a delicious Sweet 'n' Sour sauce.

Method :

For the Batter:

- Sieve the flour into a mixing bowl, then add the oil and water.
- Mix this together with a fork for a few minutes.
- Add the larger (beer) and mix well with a whisk or fork until you get a nice batter.

For the Sauce :

- In a small pan , starting with the pineapple juice. Add together the Pineapple juice , Vinegar , Ketchup , Sugar and Soy Sauce.
- Mix together and bring to the boil.
- Mix the cornflour with some water to form a thin paste.
- When the ingredients are simmering , add the cornflour mix a little at a time mixing continually until the mixture is at the right consistency.

For the Chicken balls:

- Cut your chicken breasts into medium size cubes , you should get about 8 - 10 out of each breast.
- Put some cornflour into a container and add the diced chicken to it , cover the container with the lid and shake it until the chicken is fully coated in the cornflour.
- In a wok or a chip pan , make sure that you have enough vegetable oil to comfortably cover the chicken balls, so that they can float when cooked. Get this oil to around 180 c (**No hotter**).
- Take the diced chicken out of the cornflour and totally submerge and coat in your batter mix.
- Then with a spoon , one at a time drop the chicken into the oil. Leaving a few seconds between each one so they do not stick together.
- Let them fry for around 10 minutes or until the batter is a nice golden colour. The balls will float when the chicken inside is cooked. (Always check with a temperature probe , they should be above 63 c (75 c is good)