



Back in October Sue created a Sweet & Soup sauce as we had some Pineapple juice I bought by mistake. We're working our way through a Turkey thigh and drummer at the moment as they are often on offer just after the festive season. So we thought we'd revisit the recipe ? With a few additions and improvements. Lacto Fermented Ginger worked really well, but fresh would be similar.

Ingredients for the battered Turkey:-

300g of cubed Turkey thigh
250g Self raising Flour (Gluten free in our case)
Chinese Five Spice
Turmeric
Onion Salt
Garlic Salt
Soy Sauce (Gluten free here)
Sparkling Water

Method:-

- (1) Marinade the Turkey cubes in Soy Sauce and Five Spice in the fridge for an hour.
- (2) Mix the dry ingredients and dredge the Turkey cubes.
- (3) Add sufficient Sparkling Water to make a thick batter.
- (4) Coat the Turkey in batter individually.
- (5) Heat the fryer to 170c.
- (6) Fry in small batches until they float and are golden brown. If you have a probe you are looking for 76c in the middle, but not much more.

(7) Drain on kitchen paper.

Ingredients for the Sweet & Sour Sauce:-

1 Onion, finely chopped
1 Red Pepper, chopped
2 Cloves of Garlic, minced
1 Thumb size piece of fresh or fermented Ginger, minced
Tomato Ketchup
Cider Vinegar
Pineapple Juice
4 Spring Onions, sliced
Chilli Flakes
Cayenne Pepper
Soy Sauce
Salt & Pepper
Oil

Method:-

- (1) In a large pan or Wok fry the Onions and then add the Garlic & Ginger with the dry seasonings.
- (2) Add The Red Pepper.
- (3) Add the Soy Sauce, Tomato Ketchup and Vinegar.
- (4) Simmer and add the Pineapple juice.
- (5) Simmer for 10 to 15 minutes to reduce.
- (6) Add the Spring Onions are stir in.

We served ours on a bed of Rice noodles dressed with fresh Parsley and a sprinkle of additional Spring Onion. This really had all the hallmarks of a good Chinese restaurant Sweet & Sour, without the cost and Gluten. If anything it was more authentic than the real thing! Which sounds daft, but Sweet & Soup isn't actually an authentic Chinese dish?..

