

Sweet and sour pork 咕嚕酥肉

(Serves 4/ 4人份)

Recipe by Chef Phang Kok Seng

Ingredients:

Lean pork	300g
Monosodium glutamate	1 teaspoon
Salt	1/2 teaspoon
Wuxiangfen and pepper	Little
Corn flour	1 tablespoon
Water	3 tablespoons
Cucumber	One
Onion	One
Pineapple	2 slices
Tomato	One
Red pepper	2 pieces

Seasonings:

Tomato juice	150g
White sugar	3 tablespoons
Vinegar	1 tablespoon
Chili sauce	50g
Orange juice	1 tablespoon
Shimizu	150g
Suan Mei sauce (or dark plum sauce)	3 tablespoons
Lemon sauce	1 tablespoon
Fine salt	1 teaspoon

Method:

- (1) Cut the pork into pieces and season with monosodium glutamate, salt, Wuxiangfen and pepper, corn flour and water for 25-30 minutes.
- (2) Cut the other ingredients into slices.
- (3) Mix the pork with eggs and corn flour and fry till fragrant. Fry other ingredients till fragrant and add the sauces. Stir-fry well.

咕嚕酥肉

材料:

五花肉	300g
用味精	1茶匙
盐	1/2茶匙
五香粉与胡椒粉	少许
生粉	1汤匙
清水	3汤匙
青瓜	1条
洋葱	1粒
黄梨	2片
蕃茄	1粒
红辣椒	2条

调味:

蕃茄汁	150g
白砂糖	3汤匙
米醋	1汤匙
辣椒酱	50g
橙汁	1汤匙
清水	150g
酸梅酱	3汤匙
柠檬酱	1汤匙
幼盐	1茶匙

制法:

1. 将五花肉切丁，用味精、盐、少许五香粉与胡、生粉、清水 腌25-30分钟
2. 其它材料切角形
3. 将五花肉上蛋与生粉后炸香，爆香其它材料，加入酱料炒匀即可

