



Sweet and sour chicken Hong Kong style Free Recipe 10042025

Description

Recipe

Sweet and sour chicken Hong Kong style

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables chopped fresh coriander, to garnish 2–3 garlic cloves, bashed and roughly sliced 3cm/1¼in fresh root ginger, peeled and cut into matchsticks ½ green pepper, cut into chunks (optional) ½ small tin pineapple slices (approx. 220g undrained weight), cut into chunks, juice discarded ½ red onion, cut into chunks (optional) 2 spring onions, cut into rough chunks, plus extra to garnish Cooking ingredients ¼ tsp freshly ground black pepper 4 tbsp brown sugar 5 tbsp cornflour ¼ tsp salt 1 tsp sesame oil 2–3 tbsp mixed sesame seeds, plus extra to garnish 1 tbsp light soy sauce 1 tbsp light soy sauce ½ tbsp dark soy sauce ½ tsp granulated sugar 1 tsp tomato purée vegetable oil, for frying 4 tbsp rice vinegar or white wine vinegar Dairy, eggs and chilled 1 free-range egg, lightly beaten 1 free-range egg white Meat, fish and poultry 300g/10½oz chicken thighs, boneless, skin removed and cut into large cubes

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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Date Created

March 31, 2025

Author

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