



We're still using up the Pineapple Juice I bought in error, because we hate waste! Also Turkey isn't really a Chinese traditional ingredient but we had some cubed Turkey thigh in the freezer from the last one I butchered. So the Turkey got battered!

Ingredients for the battered Turkey:-

300g of cubed Turkey thigh
250g of Cornflour
50g Self raising Flour (Gluten free in our case)
Chilli flakes
Turmeric
Onion Salt
Garlic Salt
Sparling Water

Method:-

- (1) Mix the dry ingredients and dredge the Turkey cubes.
- (2) Add sufficient Sprinkling Water to make a thin batter.
- (3) Heat the fryer to 170c.
- (4) 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.
- (5) Drain on kitchen paper.

Ingredients for the Sweet & Sour Sauce:-

1 Onion, finely chopped
1 Red Pepper, chopped

2 Cloves of Garlic, grated
Tomato Ketchup
Vinegar (We used Malt & Spirit)
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 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?ll probably not be going back to Chicken for this recipe as the Turkey had much more flavour and a better texture. Odd combination sometimes work ? This was one of those occasions!