



Sweet & Sour Pork (Colonel Turner's recipe)

Half a pint of water
1 table spoon of Soy sauce
2 table spoons of white distilled vinegar
3 table spoons of pale cream sherry
One Knorr pork stock cube
2 tea spoons of sugar

Place all ingredients in a saucepan and bring slowly to the boil to disperse the stock cube. Meanwhile in a frying pan place the following:

3 ounces of diced lean pork per person
1 table spoon of olive oil

Fry on medium heat stirring until the meat has browned then add a rounded table spoon of Juvela flour mix, stirring to form a roux.
Pour the liquid in the pan into the roux stir well and return to the pan rinsing out the frying pan with a little water and adding this to the pan as well.
Now add to the pan; A medium size chopped onion
A garlic clove (chopped) or 2 inches of garlic puree
Bring to the boil, stirring all the time, cover and simmer for an hour
Add salt and pepper to taste and serve with rice and stir fry vegetables (qv)

Brown rice; Boil for 25 minutes
Long grain rice; Boil for 10 minutes
Drain under running hot water and serve with the pork and sauce



This recipe has been brought to you by The Cream Of Tartar Company Limited
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