

Date of practical

Meatballs in Sweet and Sour Sauce

For the meatballs

- 400g pork mince
- 1/2 onion
- 1 slice of bread
- 1 tsp dried herbs
- 1 egg
- 1 clove garlic



For the sweet and sour sauce

- Small can of pineapple
- 2 tablespoons soy sauce
- 1/2 green pepper
- 1/2 onion
- 1 small carrot
- 1 garlic clove, finely grated
- 1 tbsp oil
- 75g brown sugar
- 125 ml (4tbsp) tomato sauce
- 50g corn flour
- 125ml white or balsamic vinegar

Remember to bring a casserole dish to serve and heat up at home.

MEATBALLS METHOD

1. Preheat oven 180°C
2. Finely chop onion save half for sauce. Peel and chop garlic.
3. Make bread crumbs out of bread
4. In a large bowl place 1/2 chopped onion, garlic, breadcrumbs herbs and minced meat.
5. Beat an egg in a separate bowl. Add to meat mixture.
6. Shape mixture into 12 equally sized balls.
7. Place the meatballs on a baking tray and bake for 15minutes—20 minutes.
8. When cooked place into a casserole dish

SWEET AND SOUR SAUCE METHOD

1. Chop the onion, peel carrot and slice into thin strips. Prepare garlic and chop peppers.
2. Place in a saucepan with the oil
3. In a jug place pineapple juice, soy sauce and tomato sauce.
4. In a small bowl blend the corn flour with 125g vinegar.
5. Sauté the vegetables until beginning to soften.
6. Add the ingredients that are in the jug; pineapple juice, soy sauce, and tomato sauce.
7. Add the blended corn flour and vinegar stirring all the time. Add the brown sugar.
8. Bring to the boil stirring all the time until mixture thickens then simmer for 10 minutes. Adjust with water so the sauce mixture coats the back of the spoon.
9. Taste and add more sugar if necessary.
10. Pour the sauce over the meatballs.