



Sweet and Sour Pork

Gastrique

Sweet and sour pork starts with an item commonly known as a gastrique. A gastrique is a mixture of vinegar and sugar that is reduced by boiling. In French cuisine we may add shallots, peppercorns, fortified wines or other items for flavor. Very few dishes for French savory food items are sweet with the exception of Duck l' Orange. Duck l' Orange was made famous in a restaurant called "Tour d'Argent"(Tower Argent). This dish starts with a gastrique and is supplemented with blood orange. It is mixed with "Demi Glace" and served with the duck. In Chinese cuisine, Sweet and sour is quite common. The Chinese tend to mix food items together that contrast yet go together (Ying and Yang, harmonious balance). Sweet and Sour, Salt and Sweet, are common combinations.

The Sweet and sour pork is as follows:

Ingredients	Amount	Unit
Rice Vinegar	1	Cup
Sugar	½	Cup

Mix together these first items in a small sauce pot. Boil until it reaches a temperature of 215 degree F

Add

Tomato Paste	1	T
Chopped Onion	1	Each
Red Bell Chopped	½	Each
Green Bell Chopped	½	Each
Canned Pineapple		
With Juice	1	Can

Bring all ingredients to a boil. Mix The following

1/3 Cup Cold water with 1/3 cup corn starch. Add this slurry to your boiling mixture. Bring to boil again. Garnish with sliced green onions. Add Black Pepper to taste.