

SWEET & SOUR SAUCE

Last Modified: 06/10/2010

PREP: 2 Min
COOK: 5 Min
STOVETOP

F EASY

SAUCE

GREAT OVER ALMOST ANY BITE-SIZED MEAT

QUA	MEASURE	INGREDIENT	PROCESS
2	8.4 Oz	Cans Pineapple Juice (NOT Fresh)(Dole)	
3/4	Cup	Light Brown Sugar	Packed
3	Tbsp	Ketchup	
4	Drops	Red Food Dye	Optional
2	Tbsp	Mushroom Soy Sauce (Healthy Boy)	
1/3	Cup	Rice Wine Vinegar (Marukan)	To Taste
2	Tbsp	Corn Starch (Dissolved in Water)	

PREPARATION

FACTOID	There is sufficient Sauce here to coat 4 pounds of bite sized Meat Pieces. Junk Free and beats the hell out of store-bought. The Sweet is locked in, Adjusting the amount of Rice Wine Vinegar is what creates the Sour - TASTE & adjust near the end.
NOTE	We are using canned Pineapple Juice here because the enzymes contained in fresh Pineapple Juice will counter the Corn Starch and make your Sauce RUNNY.
TOOLS	1) Large Stainless Steel Saucepan & Lid
PREP	NONE
1	In a large saucepan over medium heat, add in the Pineapple Juice, Brown Sugar, Vinegar, Ketchup and Soy Sauce and bring it to a boil. Lower the heat to a simmer and cook for 2 minutes. Taste and adjust the Vinegar. Whisk in the Red Food Dye, if using, until the color is even. stir in the Corn Starch Slurry and simmer while stirring until thickened, about 2 minutes more.
SERVE	This Sauce keeps for weeks when tightly sealed and refrigerated. You WILL use this (hot or cold) on a lot of different Foods.

