



Food For Thought Recipe and Allergen Card

Cantonese Sweet and Sour Chicken 50 portions

Ingredient	Hannah Product Code	Quantity
Diced Chicken (50/50)		5KG
Flour		
Sweet and Sour Sauce	See FFT Recipe	2 ltr
Salt and Pepper		To Taste
Red Peppers finely diced		
Green Peppers finely diced		

RECIPE METHOD

1. Make the Batter by mixing water with the flour, season well.
2. Coat the chicken in flour and season.
3. Batter the chicken and fry for 3 to 4 minutes ensuring the core temperature has reached 75 degrees.
4. Drain the chicken on an oven tray once they are cooked.
5. Mix the chicken with the sweet and sour sauce
6. Garnish with diced peppers.

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...