MRS BAILEY'S RECIPES

Mrs Bailey's Sweet & Sour Sauce

(serves four)

ingredients

one garlic clove crushed
one small piece ginger grated
half a teaspoon of cornflower
half a pint of vegetable stock
teaspoons of white wine vinegar
one yellow pepper, one carrot
1 teaspoon of vegetable oil
one small onion chopped
2 teaspoons of tomato purée
1 teaspoon of soft brown sugar

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method

Peel carrots and cut into small strips cut pepper into strips

Heat the oil and fry onion and garlic until soft, then add carrot pepper and ginger and cook for a couple of minutes

Blend the cornflour with a little stock to add to the vegetables

Add the remaining ingredients and stir until thickens.Simmer for around five minutes until vegetables are cooked

Serve with strips of stir fried pork chicken or tofu