

Sweet and Sour Sauce

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 ½ cups 2 Tbsp		1 qt 2 ½ cups	1. Combine stock, vinegar, brown sugar, soy sauce, tomato paste, and pineapple juice. Bring to boil. Reduce heat to simmer. CCP: Heat to 165° F or higher for at least 15 seconds.
White vinegar		½ cup		2 cups	
Brown sugar, packed	2 oz	¼ cup 1 ½ Tbsp	8 oz	1 cup 2 Tbsp	
Low-sodium soy sauce		¼ cup		1 cup	
Canned tomato paste	2 ½ oz	¼ cup	9 ¼ oz	1 cup	
Pineapple juice		1 ¼ cups		1 qt 1 cup	
Cornstarch		¼ cup 1 ½ Tbsp	6 oz	1 ¼ cups 2 Tbsp	2. Combine cornstarch and water. Mix until smooth.
Water, cold		¼ cup		1 cup	3. Add to simmering mixture. Stir occasionally and cook over medium heat until thickened, 6-8 minutes. Use immediately.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	1 Quart: 32 2 Tbsp servings	1 Quart: about 1 quart
	1 Gallon: 128 2 Tbsp servings	1 Gallon: about 1 gallon

Edited 2004

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Nutrients Per Serving					
Calories	21	Saturated Fat	0.01 g	Iron	0.16 mg
Protein	0.27 g	Cholesterol	0 mg	Calcium	5 mg
Carbohydrate	5.18 g	Vitamin A	52 IU	Sodium	83 mg
Total Fat	0.03 g	Vitamin C	2.3 mg	Dietary Fiber	0.1 g