

# Sweet and Sour Sauce

## My Favourite

1 c water,  
¼ c or a bit less vinegar,  
¼ c ketchup,  
1 c sugar,  
salt and pepper,  
1 tsp oil,  
Corn starch (enough to thicken).

Boil together – except for the oil and corn starch which have been mixed together with a bit of water. When it starts to boil remove from heat and add corn starch mixture. \* If you double or triple this recipe (I usually do), cut back on the vinegar.