

Nana`s Chicken

Sandy Behm - Dickinson, ND

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Servings: 4

*1/3 cup flour
8 chicken pieces
1 pint cooking oil
1 1/2 cups soy sauce
6 tablespoons sugar
1 clove garlic, minced
1 stalk green onion, white
and green chopped
1 small red chile, chopped*

Preparation Time: 10 minutes

Bake Time:

Place flour in a shallow dish. Add the chicken, turning to coat.

In a deep fryer, place cooking oil, filling no more than half full. Heat to a medium high temperature (360 degrees). Add the chicken, a few pieces at a time. Cook until golden brown. Remove from the oil.

In a bowl, prepare the sauce by mixing together the soy sauce, sugar, garlic, green onion and chile.

As soon as the chicken is removed from the deep fryer, roll the piece in the sauce, turning twice.

Remove and serve.

Per Serving (excluding unknown items): 1608 Calories; 142g Fat (78.9% calories from fat); 47g Protein; 38g Carbohydrate; 1g Dietary Fiber; 198mg Cholesterol; 6328mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 2 1/2 Vegetable; 25 Fat; 1 1/2 Other Carbohydrates.