
Sweet and Sour Chicken III

Steven Lewis - Hudson's East Lansing

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 4

2 quarts vegetable oil (for frying)

BATTER

1/2 cup all-purpose flour

1/4 cup cornstarch

1/2 teaspoon baking powder

1/4 teaspoon salt

3/4 cup water

1 cup chicken breast, boned, uncooked, cut into one-inch pieces

SAUCE

1 can (8 ounce) pineapple chunks

3/4 cup ketchup

1/4 cup white vinegar

3 tablespoons sugar

1/2 cup chopped white onion

1/2 cup green bell pepper, chopped

1 tablespoon cornstarch

2 tablespoons water

In a large kettle or deep fryer, heat the oil to 375 degrees.

Meanwhile, in a medium bowl, combine the flour, cornstarch, baking powder, salt and waater. Mix until smooth. Dip the chicken pieces into the batter, one at a time, letting the excess batter drip back into the bowl. Fry, a few at a time, in hot oil for 5 minutes. Drain on paper towels.

Drain the pineapple, reserving the juice. Set the pineapple aside.

In as medium, combine the pineapple juice, ketchup, vinegar and sugar. Heat the wok or skillet over high heat. Add the ketchup mixture . Heat to boiling. Add the onion and green pepper. Return to a boil.

In a small bowl, combine the cornstarch and water. Stir into the boiling mixture. Stir in the pineapple chunks and fried chicken pieces. Stir well. Serve immediately.

Serve over hot cooked rice, if desired.

Chicken

Per Serving (excluding unknown items): 267 Calories; 5g Fat (15.6% calories from fat); 12g Protein; 45g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 761mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 1/2 Other Carbohydrates.