
Sweet and Sour Pork IV

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 6

2 pounds pork loins or shoulder, cut into one-inch cubes
3/4 cup flour
1 tablespoon ginger
1/2 cup oil
1 can (13-1/2 ounce) pineapple chunks (juice reserved), drained
1/2 cup vinegar
1/2 cup soy sauce
1 tablespoon Worcestershire sauce
3/4 cup sugar
2 teaspoons salt
1/2 teaspoon pepper
1 green pepper, cut into strips
1 can bean sprouts, drained
1 or 2 cans water chestnuts, sliced and drained
1 tablespoon chili sauce
5 cups cooked rice

Mix the flour and ginger in a plastic bag. Add the pork cubes. Shake well to coat.

Heat oil in a skillet. Add the pork and brown on all sides. Remove the meat from the pan.

Add enough water to the pineapple syrup to measure 1-3/4 cup.

Add the remaining flour from the bag to the skillet and stir. Add the water/syrup mixture. Mix until smooth. Add the vinegar, soy sauce and Worcestershire sauce. Heat to boiling, stirring constantly. Stir in the sugar, salt, pepper and meat. Simmer for one hour, covered.

Add the pineapple and green pepper. Cook, uncovered, for 10 minutes.

Stir in the bean sprouts, water chestnuts and chili sauce. Cook for 6 more minutes.

Serve over hot rice.

Pork

Per Serving (excluding unknown items): 546 Calories; 19g Fat (30.9% calories from fat); 8g Protein; 87g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2113mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Vegetable; 3 1/2 Fat; 2 Other Carbohydrates.