

Sweet and Sour Pork

Trudy Wigton

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

2 to 3 pounds pork, cubed

2 eggs

1/2 teaspoon salt

1/2 teaspoon flour

3 tablespoons water

1/2 cup vinegar

1/2 cup packed brown sugar

2 tablespoons cornstarch

3/4 cup water

1 can (8 ounce) pineapple chunks in juice, drained

1 to 2 tomatoes, cut into wedges

In a skillet, brown the pork on all sides.

Remove. Set aside. Reserve the pan drippings.

In a bowl, beat the eggs, salt, flour and three tablespoons of water. Dip the pork into the mixture.

In a skillet, fry until golden brown. Drain.

In a saucepan, combine the vinegar, brown sugar, cornstarch and 3/4 cup of water. Mix well. Simmer until heated through.

Add the pork cubes. Stir in the pineapple just before serving.

Garnish with tomato wedges.

Per Serving (excluding unknown items): 308 Calories; 14g Fat (41.3% calories from fat); 16g Protein; 29g Carbohydrate; 1g Dietary Fiber; 123mg Cholesterol; 253mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1 1/2 Other Carbohydrates.