

SWEET & SOUR CHICKEN

(adapted from allrecipes.com)

The Cooks Next Door

1 (16 oz.) can pineapple chunks, drained (juice reserved)
2 green bell pepper, cut into 1 inch pieces
1/4 c. cornstarch
1 3/4 c. water
3/4 c. white sugar
1/2 c. distilled white vinegar
2 drops orange food color
4 skinless, boneless chicken breast halves - cut into 1 inch cubes
2 1/4 c. self-rising flour
2 Tb. vegetable oil
2 Tb. cornstarch
1/2 tsp. salt
1/4 tsp. ground black pepper
1 egg
2 c. water
1 quart vegetable or canola oil for frying

In a saucepan, combine 1 1/2 cups water, sugar, vinegar, reserved pineapple juice, and orange food coloring. Heat to boiling. Turn off heat. Combine 1/4 cup cornstarch and 1/4 cup water; slowly stir into saucepan. Continue stirring until mixture thickens.

Combine flour, 2 tablespoons oil, 2 tablespoons cornstarch, salt, white pepper, and egg. Add 1 1/2 - 2 1/2 cups water gradually to make a thick batter. Stir to blend thoroughly. Add chicken pieces, and stir until chicken is well coated.

Heat oil in skillet, fryer or wok to 360 degrees F. Fry chicken pieces in hot oil until golden. Remove chicken, and drain on paper towels.

When ready to serve, layer green peppers, pineapple chunks, and cooked chicken pieces on a platter. Pour hot sweet and sour sauce over top. Serve with steamed rice if desired.