

Sweet and Sour Chicken

Ingredients

1 Sweet Bell Pepper (Red, Yellow Orange recommended)	2 Chicken Breasts
1 Large Sweet Onion	1 Egg
1 Carrot	1 ½ Cup Water
16 oz. to 20 oz Can Pineapple Chunks *	1 ¾ Cup all Purpose Flour
Ketchup *	¼ Cup Corn Starch
Sugar *	1 ½ TSP Baking Powder
Vinegar *	1 Cup White Rice
	1 Tbls wet Corn Starch
	Dash of Salt

* note: amount of pineapple can vary; ketchup, vinegar and sugar amounts are equal to the amount of pineapple juice.

Marinate chicken in 1 egg yolk, 2 tbs Soy Sauce, 2 tbs water or rice wine, and tsp of salt for a minimum of 20 minutes.

Preparation Instructions

Cut chicken into 1 ½ inch chunks.

Cut Bell Pepper into 1 inch squares

Cut Onion into ¾ inch squares

Dice Carrot

Drain Pineapple juice into measuring cup and note amount.

Add equal amounts of Pineapple Juice, Ketchup, Sugar and Vinegar into medium bowl.

Add a salt and wet corn starch then bring to simmer over medium heat.

Sauté bell pepper, onion in a large skillet; add sauce mixture and allow to come to low boil, then reduce heat to low and allow to simmer.

Cook rice as instructed on the package.

Beat egg in large size mixing bowl then add 1cup of water. Add flour, corn starch, and baking powder; mix and additional water as necessary. Note, do not over mix, some lumps are okay.

Add chicken and fry.

Serve chicken and sauce on bed of rice.