

Sweet and Sour Pork

Ingredients

1 pound pork butt, cut into 1 inch cubes

1 teaspoon salt

1/4 teaspoon white sugar

1 teaspoon soy sauce

1 egg white

2 green onions, chopped

1 quart vegetable oil for frying

1/2 cup cornstarch

1 tablespoon vegetable oil

3 stalks celery, cut into 1/2 inch pieces

1 medium green bell pepper, cut into 1 inch pieces

1 medium onion, cut into wedges

white sugar to taste

salt to taste

1 cup water

1/4 teaspoon salt

3/4 cup white sugar

1/3 cup apple cider vinegar

1/4 cup ketchup

1/2 teaspoon soy sauce

1 (8 ounce) can pineapple chunks, undrained

2 tablespoons cornstarch

1/4 cup water

Directions

Place cubed pork in a medium bowl, and season with 1 teaspoon salt, 1/4 teaspoon sugar, and 1 teaspoon soy sauce. Mix in the egg white and green onions. Cover, and place in the refrigerator at least 1 hour.

Heat 1 quart oil to 365 degrees F (185 degrees C) in a large,

heavy saucepan or deep fryer.

Coat the pork with 1/2 cup cornstarch, and fry in the heated oil about 10 minutes, until evenly browned. Drain on paper towels.

Heat 1 tablespoon oil in a wok over medium heat. Stir in the celery, green bell pepper, and onion, and cook until tender. Season with salt and sugar. Remove from heat, and set aside.

In a large saucepan, mix 1 cup water, 1/4 teaspoon salt, 3/4 cup sugar, apple cider vinegar, ketchup, and 1/2 teaspoon soy sauce. Bring to a boil, and stir in the cooked pork, celery mixture, and the pineapple chunks with juice. Return to boil, and mix in 2 tablespoons cornstarch and 1/4 cup water to thicken. Cook until well blended.