

# Sweet and Sour Chicken

written by The Recipe Exchange | November 24, 2019

## **Ingredients**

1/2 (8 ounce) can pineapple chunks, drained  
1 green bell pepper, cut into 1 inch pieces  
2 tablespoons cornstarch  
3/4 cup and 2 tablespoons water  
1/4 cup and 2 tablespoons white sugar  
1/4 cup distilled white vinegar  
1 drop orange food color  
4 skinless, boneless chicken breast halves – cut into 1 inch cubes  
1 cup and 2 tablespoons self-rising flour  
1 tablespoon vegetable oil  
1 tablespoon cornstarch  
1/4 teaspoon salt  
1/8 teaspoon ground white pepper  
1/2 egg  
1 cup water  
2 cups vegetable oil for frying

## **Directions**

In a saucepan, combine 1 1/2 cups water, sugar, vinegar, reserved pineapple syrup, 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 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 or wok to 360 degrees F (180 degrees C). 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.