



Classic Sweet and Sour Chicken



Ingredients: Serves 2

- 1 C **Hawaiian Sweet and Sour Sauce**
(Gluten Free Starport 215)
- Chicken* breast or thigh, boneless,
12 oz. skinless, sliced 1.5"x1"x1", marinated
(see below)
- ¾ C. **Crispy Seasoning Batter** (Starport 354)
- 8 oz. Pineapple, fresh, grilled, then cut 1" or
canned
- 1 med Red bell pepper, cut 1"x1"

*May use pork or turkey instead of chicken, same cut size and portion.



Instructions

1. Char pineapple pieces on grill or in broiler for about 45 seconds and cut into 1" pieces.
2. Coat marinated chicken evenly with **Crispy Seasoning Batter** and set aside.
3. Just before frying, roll chicken in **Crispy Seasoning Batter** again to pick up more batter.
4. Deep fry battered chicken at 370°F for 3-5 minutes and remove. Refry when deep fryer temperature return to 370F until golden and done, and use immediately.
5. Remove chicken and drain off excess oil.
6. Oil blanch bell peppers in 370°F oil for 10 seconds and remove.
7. Heat a wok (or pan) on medium high heat, add in **Hawaiian Sweet & Sour Sauce** and bring to a boil.
8. Add in grilled pineapple, oil blanched red bell pepper and fried chicken chunks, and toss with sauce quickly remove and serve immediately.
9. Garnish with green onions or cilantro sprigs.

Chicken Marinade

1. **To marinate:** For 10 lbs. sliced or diced chicken, add 0.4 lb. (⅞ C.) **Marinade Seasoning** (Starport 356), 1¼ C. water and 1 C. corn oil. Mix well and marinate for 30 minutes or more.