



## Chinese Restaurant Recipe

### Sweet and Sour Chicken or Pork with Hawaiian Sweet and Sour Sauce

The most popular Chinese restaurant dish, chunks of pork or chicken, battered and deep fried to golden crisp then toss with Sweet and Sour sauce and pineapples and red bell peppers.



Ingredients: Serving for 2

- 1 C. Hawaiian Sweet and Sour Sauce (Gluten Free Starport 215)
- 12 oz. Chicken breast or thigh, boneless, skinless, sliced 1.5"x1"x1" (same for pork)
- 1 Tbsp. Marinade Seasoning (Gluten Free Starport 356)
- 1 Tbsp. Water for marinate
- 1 Tbsp. Oil for marinate
- 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"

### Instructions



1. Char pineapple pieces on grill or in broiler for about 45 seconds and cut into 1" pieces.
2. Mix **Marinade Seasoning**, water and oil then add to cut chicken or pork and marinate for 30 minutes or longer.
3. Coat marinated chicken evenly with **Crispy Seasoning Batter** and set aside.
4. Just before frying, sprinkle some water to moisten chicken and roll chicken in **Crispy Seasoning Batter** again to pick up more batter.
5. Deep fry battered chicken at 370°F for 3-5 minutes until golden and done.
6. Remove chicken and drain off excess oil, re-fry chicken again when fryer temperature return to 370F for 1 minute.
7. Oil blanch bell peppers in 370°F oil for 10 seconds and remove.
8. Heat a wok (or pan) on medium high heat, add in **Hawaiian Sweet & Sour Sauce** and bring to a boil.
9. Add in grilled pineapple, oil blanched red bell peppers and fried chicken chunks, and toss with sauce then quickly remove and serve immediately.
10. Garnish with green onions or cilantro sprigs.

Pork or Chicken Marinade and Velvetization:

1. To marinate: For 10 lbs. sliced or diced pork or chicken, add 0.4 lb. (7/8 C.) Marinade Seasoning (Starport 356), 1¼ C. water and 1 C. corn oil. Mix well and marinate for 30 minutes or more.