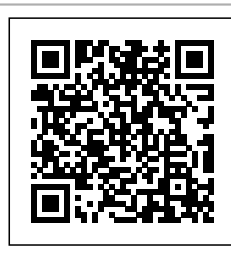


Sweet and Sour Chicken



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Recipe by: Laura Vitale

Serves 4

Prep Time: 20 minutes

Cook Time: 1 hours 15 minutes

Ingredients

- 1 1/2 lb of Chicken Breast, cut into chunks
- 1 cup of Cornstarch
- 2 Eggs, whisked
- 1 Green Bell Pepper, roughly chopped
- 1 Yellow Onion, roughly chopped
- 1 Red Bell Pepper, roughly chopped
- Frying Oil

For the sauce:

- 1/2 cup of Water
- 1/2 cup of Ketchup
- 1/3 cup of Rice Wine Vinegar
- 1/2 Cup of Brown Sugar
- 2 Tbsp Granulated Sugar
- 3 Tbsp of Soy Sauce
- 3 Cloves of Garlic, minced

1) Add some frying oil to a large cast Iron skillet and preheat until hot, meanwhile, preheat your oven to 325 degrees F.

2) Dip your chicken pieces in the beaten eggs and dredge in the cornstarch making sure to shake off any excess bits and then add to the hot oil and fry until crispy on both sides, only takes about a minute, remove to a paper towel lined plate and set aside.

3) Add the chicken, peppers and onions in a baking dish (make sure your baking dish isnt too big or youll risk burning the sauce, the dish should hold everything nice and snug) then in a measuring cup or bowl whisk together all of the ingredients for the sauce and pour over the chicken and vegetables.

4) Bake for about an hour, making sure you give it a stir every 15 to 20 minutes.

NOTE: You can skip the oven method if you want your chicken really crispy, all you do is add the sauce to a clean large skillet and cook until the sauce thickens, then stir your chicken in at the last minute. The oven method produces a much more flavorful result in my opinion because the sauce has time to really adhere to the chicken and contrary to what some might think, youre not left with a soggy mess I promise! Plus its easier cleanup!

