



## Cantonese Sweet and Sour Chicken



Ingredients: Family Serving

- 1 C. **Cantonese Sweet and Sour Sauce** (Starport 626 Gluten-Free)
- 6 oz. Pineapple, fresh or canned, grilled, then cut 1" chunks
- 1 Tbsp. **Marinade Seasoning** (Starport 356 Gluten-Free)
- 12 oz. Chicken breast or thigh, boneless, skinless, sliced 1.5"x1"x1", same for pork
- 1 Tbsp. Water for marinade
- 1 med. Red bell pepper, cut 1"x1"
- ¼ C. Cilantro, minced for batter
- ½ C. **Crispy Seasoning Batter** (Starport 354)
- ¾ C. Water for batter



Instructions:

1. In a bowl, dissolve **Marinade Seasoning** with one tablespoon of water and 1 tablespoon of oil. Add sliced chicken and marinate for an hour more. Cover and refrigerate.
2. Grill and slightly char pineapple to concentrate sweetness and set aside. (Optional)
3. Batter mix: Add chopped cilantro and water to a large bowl, then add the **Crispy seasoning Batter** and mix well.
4. Add chicken to the batter and stir to coat each piece.
5. Carefully drop each battered piece into a deep fryer set at 375F, fry for about 2 minutes, then remove. (The Chicken pieces must be fried again to golden before serving.)
6. Heat a wok or deep pan at medium-high heat. Then add **Cantonese Sweet and Sour Sauce** and pineapples.
7. Re-fry chicken at 375F until golden and done about 3 minutes. Shake off excess oil and add to sauce.
8. Oil-blanch red bell peppers in a 375F deep fryer for 10 seconds, shake off excess oil, and add to chicken in the wok.
9. Turn off the heat and quickly toss all the ingredients, then plate and serve. (Overcooking the chicken in the sauce will produce soggy chicken.)

