

Date: _____ Period: _____ Name: _____

SWEET AND SOUR PINEAPPLE CHICKEN WITH RICE

Partner Recipe

INGREDIENTS:

1 Chicken breast	½ Egg
15mL Cornstarch	15mL Flour
½ mL Salt	½ mL Pepper
30mL Oil	30mL Chicken Broth
20mL Ketchup	15mL Soy Sauce
15mL Rice Vinegar	1/8 Ginger
2mL Sugar	¼ Onion
¼ Red Pepper	¼ Green Onion
125mL Pineapple Chunks	30mL Water

EQUIPMENT:

DIRECTIONS:

1. BARHSCHEP.
2. Dice onion, red and green pepper. Mince ginger. Cube chicken.
3. In bowl, combine chicken, egg, cornstarch, flour, salt and pepper; toss to coat. Let stand for 10 minutes.
4. Remove chicken (save cornstarch mix). Heat oil in a skillet over medium heat; cook chicken till golden (about 3 minutes).
Remove to plate.
5. To cornstarch mix, whisk in chicken broth, water, ketchup, soy sauce, vinegar, ginger and sugar.
6. Discard all but 10-15mL of oil in skillet. Stir fry onion and red and green peppers for about 3 minutes. Add chicken, pineapple and broth mixture; cook, stirring until thickened about 3 minutes.

RICE RECIPE

INGREDIENTS

125mL Rice
250mL Water

DIRECTIONS

1. In a small saucepan over maximum heat, add rice and water. Cover.
2. At the FIRST SIGN OF STEAM, reduce heat to low (setting 1-2) and cook for 15-17 minutes covered. NO PEEKING!