



Sweet and Sour Chicken

Brown Eyed Baker's Adaptation of [Amber's Take Out Fake Out](#)

BAH Note: Unless you scale this recipe down and only make half (which isn't a bad idea if you cook for one), I suggest working in batches from the point where the chicken goes into the cornstarch. I also suggest being prepared to get your hands pretty dirty because I found that my hands were the best tool for getting the chicken from the cornstarch to the egg and then the frying pan. Just remember to wash them thoroughly after handling the chicken.

- 4 boneless, skinless chicken breasts
- 1 cup cornstarch
- 3 eggs
- 1/4 cup vegetable oil
- 3/4 cup sugar
- 4 tablespoons ketchup
- 1/2 cup rice wine vinegar
- 1 tablespoon soy sauce
- 1 teaspoon garlic powder

Heat the oven to 325 degrees. Combine the sugar, ketchup, vinegar, soy sauce and garlic powder in a small bowl and whisk to combine. Set sauce aside.

Cut the chicken breasts into bite sized chunks. Place the cornstarch in a resealable plastic bag, add the chicken pieces, and shake to coat.

Crack the eggs into a medium sized bowl and whisk. Shake excess cornstarch from chicken and coat chicken with egg.

Heat half the oil over medium high heat in a large frying pan, add half of the chicken, and brown on all sides. Remove cooked chicken to a 9x13 baking dish and repeat with the remaining chicken.

Pour the sauce over the chicken and give it a stir once or twice so the pieces are well coated. Bake for 1 hour, basting and turning the chicken in the sauce every 15 minutes.

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