



Sweet and Sour Chicken

Adapted from [Alice Currah @ PSB Parents](#)

BAH Note: This dish is as elusive as a yeti with regards to having its picture taken. I've made it a bunch of times and never managed to document its existence. The only note I wrote down on the recipe was "omg yes".

- 10 ounce crushed pineapple in juice
- 2 1/2 tablespoon cornstarch
- 1/4 cup brown sugar
- 2 tablespoons apple cider vinegar
- 1 tablespoon soy sauce
- 1 tablespoon ketchup
- 1 1/2 pounds chicken breast or thigh (boneless, skinless)
- 2 teaspoons kosher salt
- 2 tablespoons vegetable oil

Drain the juice from can of pineapple into a small saucepan, leaving the crushed pineapple in the can. Add 1/2 tablespoon (1 1/2 teaspoons) cornstarch and whisk together until the cornstarch is dissolved. Whisk in the brown sugar, vinegar, soy sauce, and ketchup and cook over medium heat until the sauce begins to simmer. Continue to cook for about five minutes, stirring, until the sauce thickens. Move the pan off the heat while you prep the chicken.

Cut the chicken into one inch cubes and place them into a plastic bag. Add the kosher salt and remaining 2 tablespoons of cornstarch. Close the top of the bag and shake to coat the chicken.

Heat the oil in a large frying pan over medium heat and cook the chicken in batches, adding additional oil as needed, until lightly browned and cooked through. Return all the chicken to the pan and add the sauce and crushed pineapple. Cook for about 3 minutes until everything is warmed through.

Serve over steamed rice.

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