



JERNEJ KITCHEN

SWEET AND SOUR CHICKEN WITH PINEAPPLE

Sweet and Sour Chicken with Pineapple is a quick, 30-Minute recipe. A delicious Chinese classic takeout made at home, perfect for any day of the year.

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| SERVES | 4 | PEOPLE |
| PREPARATION: | 10 | MINUTES |
| COOK: | 20 | MINUTES |
| TOTAL TIME: | 30 | MINUTES |

SWEET AND SOUR SAUCE

- 2 tbsp (15g) cornstarch
- 2 tbsp (30g) packed light brown sugar
- 3 tbsp ketchup
- 1 tbsp light soy sauce
- 1 tbsp oyster sauce
- 2 tbsp rice vinegar
- 2 tbsp Chinese cooking wine (optional)
- 250 ml (1 cup) pineapple juice or water
- 1 garlic clove, finely diced
- 1 tsp fresh ginger, finely diced

CHICKEN

- 450 g (1 pound) chicken breast, skinless and boneless
- 1 egg
- 3 tbsp (35g) cornstarch
- 1/4 tsp baking powder
- 240 ml (1 cup) canola oil, for frying
- 2 tbsp peanut or canola oil, for

SWEET AND SOUR SAUCE

Add cornstarch, brown sugar, ketchup, soy sauce, oyster sauce, vinegar, Chinese cooking wine (optional), pineapple juice, diced garlic, and diced ginger to a bowl. Stir to combine using a whisk. Set aside until needed.

TIP

[Feel free to use canned pineapples in this recipe. Use the pineapple liquid in this step, instead of pineapple juice.](#)

DEEP FRY THE CHICKEN

Cut the chicken breast into larger pieces. Add to a bowl, season with salt, and pepper. In a separate bowl, stir to combine the egg, cornstarch, baking powder, pinch of salt, and two tablespoons of cold water. Coat the meat by dipping it in the cornstarch mixture. Place a large wok pan over medium-high heat. Add the canola oil. When the oil temperature reaches 175 °C / 350 °F, carefully drop half of the chicken into the hot oil and fry for 3 - 5 minutes, or until the chicken is golden-brown and crispy. Transfer to a wire rack lined with paper towels to drain any excess fat. Repeat with the rest of the chicken. Discard the rest of the oil and clean the wok using a paper towel.

SWEET AND SOUR CHICKEN WITH PINEAPPLE

Add peanut oil or canola oil to the wok. Place the wok over high heat. Add the unsalted peanuts, peppers, and onion. Cook for 3 - 4 minutes for the vegetables to cook slightly. Add the cubed pineapple. Stir the sweet and sour sauce, then pour into the wok. Cook for 3 - 4 minutes on medium heat or until the sauce thickens slightly. Add the chicken, season with salt, then stir and serve with cooked rice and chopped spring onion or

veggies

scallions.

2 tbsp unsalted peanuts

TOOLS AND EQUIPEMENT Sponsored

1/2 yellow pepper, 1/2 red pepper,
1/2 green pepper, cut into smaller
chunks

bowl
whisk
kitchen knife
cutting board

1 onion, cut into strips

wok pan

100 g (1/2 cup) canned or fresh
pineapple, cubed

thermometer
paper towels

1 spring onion