Sweet and Sour Chicken

Ingredients

Quantity	Measure	Ingredients	Description
1	Medium	Capsicums - Green	For Sauc
4	units	Chicken Breasts	Clean
1	Teacup	Cooking Oil	Fry chicken pie
1	Tablespoon	Corn Flour	For mixture
2	Tablespoon	Corn Flour	Beat the egg wh
1	Medium	Cucumber	For Sauce
2	Nos	Egg Whites	Beat the egg wh
1	Teaspoon	Ginger Paste	Rub to chicken
2	Inch	Ginger	For Sauce
200	Grammes	Moong Sprouts	For Sauce
5	Nos	Onion Leeks	Chopped, For S
250	Grammes	Pine Apple	For Sauce
50	Ml.	Salad Oil	For Sauce
1.5	Tablespoon	Soya Sauce	For Sauce
2	Tablespoon	Sugar, Browned	For Sauce
2	Tablespoon	Tomato Puree	For Sauce
1.5	Tablespoon	Vinegar - Malt	For Sauce
1	Teaspoon	Salt	Rub to chicken
1	Teaspoon	Pepper Powder	Rub to chicken

Method

Cut the chicken breasts, to bite size pieces and rub the flesh, with salt, pepper and ginger paste. Put the pieces into a shallow dish. Beat the egg whites and corn flour together. Then pour the mixture over the chicken pieces. Tossing gently till they are thoroughly coated. Set aside for fifteen minutes. Basting occasionally.

Preheat the oven to 150 degrees centigrade.

Frying Chicken

Fill a large saucepan with one third full cooking oil. Heat it. Carefully lower the chicken pieces into the oil, and fry for three to four minutes, till they become golden brown. Remove from the oil, and drain on kitchen towels. Transfer the cubes to a serving dish and keep hot in the oven, when you cook the sauce.

Preparing Sauce

Heat the oil in a very large frying pan. Add the ginger chopped fine, and stir fry for thirty seconds. Add the vegetables, and pineapple chunks, and stir fry for three minutes. Combine the pineapple canned juice and the remaining ingredients, except the corn flour mixture. Beat well to blend. Pour into the pan and stir fry for further one minute or until it is heated through. Stir in the corn flour mixture and cook. Stirring constantly, until the sauce thickens and becomes translucent. Remove the chicken pieces from the oven and put them in the sauce, and serve at once.