

RECIPE

From The

BLACK POT

of



SWEET and SOUR CHICKEN

Prep: 15 minutes

Cook: 35 minutes

Serves: 8

Cover bottom of DO with cooking oil, enough to cook the chicken in

- 3 lbs Chicken, skinless breasts
- 4 Tbsp ketchup
- 2 Tbsp honey
- 2 20 oz cans pineapple chunks in juice, undrained
- 4 large red bell peppers cut into thin strips
- 6 Tbsp soy sauce
- 4 Tbsp Cornstarch
- 12 scallions cut into 1" pieces

Preheat the Dutch oven over medium-high heat, about 400 degrees. Heat the oil until hot, but not smoking. Add the chicken and cook for 4 to 5 minutes, or until no pink remains, stirring occasionally. Add the ketchup, honey, the pineapple with its juice, and the red peppers. (To add color use some red and some yellow peppers). Cook for 5 to 7 minutes, or until the sauce begins to boil.

Meanwhile, in a small bowl, combine the soy sauce and cornstarch mixture. Cook for 2 to 3 minutes more, or until heated through and the sauce has thickened. Add the scallions and toss until well coated.

I personally like to let this mixture cook for a total of about 35 minute's total.