

Sweet and Sour Pork

Batter:

1 egg
½ C. flour
½ tsp salt
1/3 C. water

Sauce:

¼ C. rice vinegar
¼ C. water
¼ C. sugar
¼ C. ketchup
1/3 tsp salt
1 tsp soy sauce
2 tsp cornstarch

1 lb boneless pork loin cut into ¾ inch cubes
1 clove minced garlic
1 or 2 green bell peppers
1 C. pineapple cubes
Peanut oil as needed

Discard the seeds and membranes from the green peppers and cut into bite sized squares. Drain the pineapple cubes.

Beat the egg in a small bowl. Mix in the flour, ½ tsp salt and 1/3 C. water, and mix until smooth. Mix in the pork cubes. Deep fry the battered pork without crowding in 350 degree oil for 3 minutes or until golden brown. Remove and drain on paper towels.

Alternatively, stir fry the pork without batter in a very hot wok with 2 Tbs hot peanut oil until done and set aside.

Dissolve the cornstarch in the water and mix with the other sauce ingredients.

Add 2 Tbsp peanut oil to a hot wok, and when hot stir fry the garlic for a few seconds. Add the pepper squares and stir fry for 10 seconds or so. Add the pineapple and sauce and cook until slightly thickened. Add the pork, mix well, and bring to the boil. Remove and serve.