

DELICIOUS SWEET AND SOUR CHICKEN



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1 $\frac{1}{2}$ kg chicken portions
salt and pepper
1 cup cornstarch
3 eggs, lightly beaten
 $\frac{1}{4}$ cup vegetable oil
1 cup sugar
6 tablespoon tomato sauce
 $\frac{1}{2}$ cup white wine vinegar
 $1\frac{1}{2}$ tablespoons soy sauce
 $1\frac{1}{2}$ teaspoons garlic flakes

Season the chicken portions with salt and pepper.

Preheat the oven to 180°C.

Put the cornstarch in a shallow bowl. Put the eggs in a separate bowl. Place the oil in a large skillet and heat over medium-high heat. Working in batches, dredge the chicken in the cornstarch, then dip in the egg. Add to the hot oil and brown on all sides. You do not need to cook the chicken through, just brown the outside to get a crispy exterior. Transfer the chicken to a baking dish and continue with the remaining chicken.

In a bowl, combine the sugar, tomato sauce, vinegar, soy sauce and garlic flakes. Pour the sauce over the top of the chicken.

Bake the chicken for 1 hour, stirring every 15 minutes..

Recipe posted by Adam Cloete

Photo: Adam Cloete