



SWEET & SOUR CHICKEN

COOKING WITH CULTURE: FESTIVAL FOODS FEAST PRESENTED BY FREDDIE ORTIZ & AAACE

PREP TIME: 15 MINUTES

COOK TIME: 10 MINUTES

INGREDIENTS

**1.5 pounds chicken breasts
cut into 1 inch chunks**

1/2 cup cornstarch

2 eggs beaten

1/4 cup flour

2 cloves garlic minced

INGREDIENTS CONTINUED

**1 green bell pepper cut into 1"
chunks**

**1 red bell pepper cut into 1"
chunks**

**1/2 yellow onion cut into 1"
chunks**

1/2 cup sugar

1/4 cup brown sugar

1/4 cup rice vinegar

1/3 cup ketchup

4 tsp reduced sodium soy sauce





2020
DIVERSITY
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Employee Resource Groups



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FESTIVAL FOOD FEAST
SWEET & SOUR CHICKEN WITH
FREDDIE ORTIZ, PRESENTED BY AAACE**

Directions:

1. Complete steps 2-5 in advance if you are cooking with us during the live event.
2. Make the sauce: whisk together the sugar, brown sugar, rice vinegar, ketchup, soy sauce, and garlic into a small bowl.
3. Fill a Dutch oven or frying pan with 1-1.5 inches of oil.
4. Heat the oil on medium high to high heat.
5. Add the cornstarch and chicken pieces to a large zip top bag and shake until the pieces are well coated.
6. Dip the chicken pieces into the egg, then into the flour, then add to the hot oil.
7. Cook the chicken in batches for 5-7 minutes or until cooked through and crispy.
8. When done cooking the chicken, remove all but 1 tablespoon of the oil.
9. Add the bell peppers, onion, pineapple and cook for 1-2 minutes, until tender-crisp.
10. Add the sauce back in, stir to coat the vegetables and cook for 30 seconds to help the garlic warm through.
11. Add the chicken pieces back in, stir and cook until the sauce has thickened and is bubbling.
12. Serve immediately. Garnish with sesame seeds or chopped green onions if desired.

