



## Sweet and Sour Chicken






Equipment	
Chef's knife/Cutting Board Spatula Mixing Bowl ½ size- 2" deep production pan Bulk Retherm Cart (or regular oven) <b>or</b> Tray Service Retherm Cart	
Recipe Rating	
Total Time	80 Minutes
Cooking Time	65 Minutes
Total Labour	15 Minutes
Knife Skills	Basic

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Nutrition Facts	
Valeur nutritive	
Per 1 serv (247g) / par 1 serv (247g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 290</b>	
<b>Fat / Lipides 12g</b>	<b>18%</b>
Saturated / satures 3.5g	
+ Trans / trans 0g	<b>16%</b>
<b>Cholesterol / Cholesterol 70mg</b>	
<b>Sodium / Sodium 560mg</b>	<b>23%</b>
<b>Carbohydrate / Glucides 28g</b>	<b>9%</b>
Fibre / Fibres 2g	<b>6%</b>
Sugars / Sucres 21g	
<b>Protein / Proteines 19g</b>	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	50%
Calcium / Calcium	2%
Iron / Fer	10%

		10 x 6oz servings
Chicken Breast, cooked, diced		850 g
Green Bell Pepper, large dice		250 g
Red Onion, large dice		200 g
Pineapple, chunk, juice reserved		20 oz. can
<b>Sauce</b>	Ketchup	150 g
	Cornstarch	30 g
	Red Wine Vinegar	60 mL
	Granulated Sugar	100 g
	Cold Water	100 mL
	Soy Sauce	60 mL
	Pineapple Juice	80 mL
	Salt	2 g

Method	
	1. Place chicken, peppers, onions, and pineapple in an oiled ½ hotel pan.
	2. In a large mixing bowl, whisk remaining ingredients. Pour over chicken. Cover pan with plastic wrap and aluminum foil and cook in Multigen for 65 minutes at 140°C.
	3. <b>Bulk:</b> remove from Multigen and serve alone or with a side dish.  <b>Cold Plating:</b> allow to cool and plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.  Food Accompany: Rice.