

Homemade Sweet and Sour Chicken with Pineapple and Peppers

Sweet and Sour Chicken ??



OVEN
360°F

TIME
10 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Sauce:

- 1 ¾ cups water, divided
- 1 (8 oz) can pineapple chunks, drained (juice reserved)
- ¾ cup white sugar
- ¼ cup distilled white vinegar
- 2 drops orange food coloring (optional)
- ... cup cornstarch

For the Chicken Batter:

- 2 ... cups self-rising flour
- 2 tablespoons vegetable oil
- 2 tablespoons cornstarch
- 1 egg
- ¼ teaspoon salt
- ... teaspoon ground white pepper
- 1 ¼ cups water

Other:

- 8 chicken breast halves, boneless, skinless, cut into 1-inch cubes
- 1 quart vegetable oil, for frying
- 2 green bell peppers, cut into 1-inch pieces
- Pineapple chunks from earlier

DIRECTIONS

1. Make the Sweet and Sour Sauce: In a saucepan, combine 1¼ cups water, reserved pineapple juice, sugar, vinegar, and food coloring. Bring to a boil.
2. In a separate bowl, mix ... cup cornstarch with ... cup water. Slowly stir into the saucepan and cook until the sauce thickens slightly. Set aside.
3. Prepare the Batter: In a large bowl, whisk together flour, 2 tbsp oil, 2 tbsp cornstarch, egg, salt, and white pepper. Gradually whisk in 1¼ cups water to make a thick batter.
4. Add chicken pieces and stir to coat evenly.
5. Fry the Chicken: Heat oil in a deep skillet or wok to 360°F (180°C). Fry battered chicken pieces in batches until golden and crispy (about 10 minutes). Drain on paper towels.
6. Assemble the Dish: On a platter, layer the fried chicken, pineapple chunks, and green peppers.
7. Pour the hot sweet and sour sauce over everything and serve immediately.

TIPS FOR SUCCESS

Use self-rising flour for extra puffy batter.

Fry in batches to avoid crowding and soggy results.

Serve hot -the sauce and crunch are best fresh.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/homemade-sweet-and-sour-chicken-with-pineapple-and-peppers/>