

Deep Fried Sweet and Sour Pork



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This is a delicious sweet and sour pork recipe that rivals any Chinese takeout. It does take a bit of work and it's important to read through everything before getting started. Of course, practice makes perfect and after you've tried this recipe a couple of times, it'll be a snap to put together.

This recipe is adapted from <http://chinesefood.about.com/od/pork/r/sweetsourpork.htm>, but we've modified the steps for simplicity, adjusted some ingredients and made the it all a whole lot saucier.

This recipe makes about 6 servings.

Ingredients

- 1 pound pork tenderloin
- 3 teaspoons soy sauce

Sauce:

- ½ cup sugar
- ¼ cup ketchup
- ¼ cup soy sauce
- 1 cup pineapple juice (from canned pineapple tidbits)
- ½ cup vinegar

Batter:

- 1/3 cup flour
- 1/3 cup cornstarch
- 1 egg
- 1 tablespoon vegetable oil
- 1/3 cup water

You will also need enough vegetable oil to fill a pan about 2 inches for deep frying your pork.

Remaining Ingredients:

- 1 tablespoon vegetable oil
- 1 chopped red pepper
- 1 chopped green pepper

Deep Fried Sweet and Sour Pork

- 1 cup pineapple tidbits
- 2 tablespoons cornstarch
- 4 tablespoons water

Preparation

Cut the pork into 1 inch cubes and place them into a bowl. Stir in the 3 teaspoons soy sauce and allow the pork to marinate for about 20-30 minutes.



Now you can prepare the sauce that you will set aside until later. Just whisk together sugar, ketchup, soy sauce, pineapple juice and vinegar.

Heat a frying pan with enough space for 2 inches of oil. Add the oil and heat it 375 F over medium-high heat.

Next, prepare the batter for your pork. In a large bowl, whisk together the flour and cornstarch. Then add the egg and oil. After this, add just enough of the water so that the batter isn't too runny, but runs off the back of a spoon. 1/3 cup of water is usually perfect if you don't like a very thick batter, but your results may vary, so add water carefully.

Dip the pork pieces into the batter and allow any excess batter to drip off. Only batter enough pork to fry about one layer in the pan. If you have leftover pork, simply fry it in a separate batch.

Deep Fried Sweet and Sour Pork



Carefully place the batter pork into the oil and fry it until it is golden. You can keep the batter from sticking to the bottom of the pan by holding the pork in the oil, but above the bottom of the pan for a few seconds.

Place the fried pork on a plate with paper towel to let the oil drain.



Deep Fried Sweet and Sour Pork

In the meantime, you can sauté the red and green peppers in oil, using a frying pan or wok. Sautee until softened.



Then add the sauce you set aside earlier and the pineapple and bring to a boil over medium heat.



Deep Fried Sweet and Sour Pork

In a small bowl, whisk together the cornstarch and water. Add this mixture to the sauce and keep stirring until fully combined and thicken. Then stir in the fried pork and your dish is ready. Serve over rice or with chow mein noodles.

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