

**SWEET AND SOUR CHICKEN (COOKED DICED)**

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
420 cal	68 g	25 g	6 g	73 mg	398 mg	35 mg

**Ingredient**

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS  
 RESERVED LIQUID  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 SOY SAUCE  
 GINGER,GROUND  
 PEPPERS,GREEN,FRESH,JULIENNE  
 CORNSTARCH  
 WATER,COLD  
 CHICKEN,COOKED,DICED

**Weight**

20-7/8 lbs  
 16-3/4 lbs  
 8-7/8 lbs  
 6-3/4 lbs  
 1-1/4 lbs  
 1-1/2 oz  
 7-7/8 lbs  
 2 lbs  
 6-1/4 lbs  
 18 lbs

**Measure**

2 gal 1-1/2 qts  
 2 gal  
 1 gal 1 qts  
 3 qts 1 cup  
 2 cup  
 1/2 cup  
 1 gal 2 qts  
 1 qts 3 cup  
 3 qts

**Issue**

9-5/8 lbs

**Method**

- 1 Drain pineapple.
- 2 Combine reserved pineapple juice, sugar, vinegar, soy sauce and ginger in steam-jacketed kettle or stockpot. Bring to a boil. Cover; reduce heat; simmer 5 minutes.
- 3 Add pineapple and peppers to sauce. Bring to a boil; reduce heat; simmer 5 minutes or until peppers are almost tender, stirring constantly.
- 4 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking.
- 5 Stir chicken gently into thickened sauce. Cover; reduce heat; simmer 2 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Pour sweet and sour chicken into ungreased steam table pans. CCP: Hold for service at 140 F. or higher.