

SWEET & SOUR PORK

PAPPY & MOM

4 POUNDS UNCOOKED PORK (well trimmed) CUT IN 2" x 1" x 1" PIECES. SIMMER 20 MINUTES IN A VERY SMALL AMOUNT OF WATER. THEN DREDGE IN MIXTURE OF 1/2 CUP CORN STARCH TO 1 CUP SOY SAUCE. THICK ENOUGH TO STIR BUT ALSO TO CLING. LET DRY ON RACK AND THEN DEEP FRY IN OIL UNTIL BROWN.

SAUCE

8 CUPS PINEAPPLE JUICE

2 CUPS SOY SAUCE

2 CUPS VINEGAR

4 CUPS SUGAR

2 TBSP INSTANT MINCED ONIONS

TASTE! YOU MAY WANT TO ADD MORE SUGAR

YOU MAY HOLD THE DISH AT THIS POINT TO BE SERVED AT A LATER HOUR. WHEN READY, HEAT THE SAUCE TO WHICH YOU HAVE ADDED THE DEEP FRIED PORK.

THEN ADD:

2-20 OZ CANS PINEAPPLE CHUNKS, DRAINED

2 CANS WATERCHESTNUTS, SLICED AND DRAINED

CONTINUED

SWEET & SOUR PORK CONTINUED

5 CUPS CARROTS, SLICED ROUND---COOK 8 to 10 MINUTES
2 PKGS FROZEN PEA PODS-----COOK 4 MINUTES
1 MEDIUM HEAD CAULIFLOWER BROKEN IN FLOWERETS---3 MIN.
2 GREEN PEPPERS CUT IN 2-INCH THIN STRIPS---ADD JUST TO HEAT
2 CUPS CELERY SLICED DIAGONALLY---JUST TO HEAT

SERVE OVER RICE SERVES 16

POUND

6-1/2 LEG OF PORK YIELDS ABOUT 4-1/2 POUNDS OF BONED &
TRIMMED PORK PIECES

HAVE YOUR VEGETABLES ALL READY IN PLASTIC BAGS. ADD EACH
VEGETABLE AND THEN BRING TO ALMOST A BOIL AND ADD THE
NEXT ONE.