

Sweet and Sour

Jan Sorenson

2 lbs uncooked pork - 2880

cut in 2x2 pieces + boil-simmer - 20 min.

Dredge in mixture of $\frac{1}{2}$ corn starch to 1 part soy sauce.

Should be thick enough to cling but still stirable.

Deep fry to brown

0-0-0-0-0

$\frac{1}{2}$ c sugar to 1 cup pineapple juice

or

($\frac{3}{4}$ c sugar to 1 cup water)

334 potassium
Sauce

$\frac{1}{3}$ c vinegar - 33.33 potassium

$\frac{1}{4}$ c soy sauce (Kikoman - use less if Chung King)

$\frac{1}{8}$ c corn starch - combine + cook till thickened.

0-0-0-0-0

.04 potassium

Potassium no potas. in oil.
Fry separately in oil for one minute:
133.5 $\frac{3}{4}$ c green peppers, sliced lengthwise (1 lb)
265.5 $\frac{3}{4}$ c carrots, sliced across
240 $\frac{3}{4}$ c onions, sliced lengthwise
198 $\frac{3}{4}$ c pineapple.

veg., etc
Add to sauce. Add pork to sauce also.
Heat through but do not boil.
Can be kept in oven at about 225° for
a time.

$$\text{Total Potassium} = \frac{4144.37}{\# \text{ of servings.}}$$