

Chicken Waikiki Beach

for each 3 pounds of chicken

1/2 Cup flour

1/3 Cup oil

1 teaspoon salt

1/2 teaspoon pepper

Sauce

1 can (1 lb 4 oz) sliced pineapple

2 Tablespoons corn starch

3/4 Cup cider vinegar

1 Tablespoon Soy Sauce

3/4 Cup sugar

1/4 teaspoon ginger

1 Chicken bouillon cube

1 Lg green pepper (cut crosswise into 1/4 in circles)

Wash chicken; pat dry with paper towels & coat with flour. Heat oil in large skillet or Wok and brown chicken a little at a time. Remove and place in dutch oven or shallow roasting pan.

Sprinkle with salt and pepper. If using an oven, preheat to 350°.

Make sauce. Drain pineapple, pouring the juice into a 2 Cup measuring cup. Add water to juice to make 1-1/4 Cup.

In medium saucepan combine sugar, cornstarch, pineapple juice, vinegar, soy sauce, ginger, bouillon. Bring to a boil stirring constantly. Boil for 2 minutes. Pour over chicken. Bake uncovered 30 minutes (obviously not with a dutch oven). Add pineapple and green pepper and bake 30 minutes longer or until chicken is tender. Serve with rice.