

for 12

15 boneless breasts no skin cut in small pieces

dip in flour, pepper + egg
fry in oil, drain

Sauce for 4 breasts

$\frac{1}{4}$ c pineapple

$\frac{1}{8}$ c vinegar (a little less)

$\frac{1}{2}$ c sugar

2 + 1/2 t soy sauce

1 + 1/2 t corn starch

puce + cornstarch then add rest

simmer until mixture clear

Pour over chicken for 15 min @ 300°

before serving garnish / pineapple chunks