

Hawaiian Chicken

Martie Mullenbach

St Timothy's - Hale Schools - Raleigh, NC - 1976

*2 (3-1/2 pound) chickens,
cut up
1/2 cup salad oil
3 large white onions, cut in
thick slices
1/4 cup dark brown sugar
2 tablespoons fresh ginger
3 green peppers, seeded &
cubed
1/3 cup cornstarch
2 to 2-1/2 cups pineapple
chunks, drained
1 cup celery, cut in medium
chunks
1/4 cup soy sauce*

Place the cornstarch into a plastic zip-bag.
Shake the chicken pieces in the bag until coated.

In a skillet, fry the chicken in oil until medium
brown. Remove the chicken.

Place the pineapple chunks, onion, celery and
peppers in a deep Dutch oven or roaster.

In a bowl, mix the remaining oil, brown sugar,
soy sauce and ginger. Pour over the vegetables
in the Dutch oven. Place the chicken on top of
the vegetables. Cover and cook over low heat
for about one hour or until tender.

Lightly mix the ingredients so that the chicken
will be under the vegetables and the cornstarch
will cook into the sauce. Cook until thickened.

Serve on cooked rice sprinkled with slivered
almonds.

Per Serving (excluding unknown
items): 6560 Calories; 469g Fat
(65.1% calories from fat); 408g
Protein; 158g Carbohydrate; 16g
Dietary Fiber; 2088mg Cholesterol;
5864mg Sodium. Exchanges: 2 1/2
Grain(Starch); 55 1/2 Lean Meat;
11 Vegetable; 59 Fat; 3 1/2 Other
Carbohydrates.