

Japanese Chicken

(Karla Bernard, MLA)



Ingredients

- 3 Chicken Breasts
- 3 Eggs
- Flour (For Dredging)
- 1 C. Sugar
- ½ C. Vinegar
- ¼ C. Soya Sauce
- ¼ C. Water
- Olive Oil (For Pan-Frying)

Method

1. Preheat oven to 350 F
2. Chop chicken breasts into bite sized pieces and set aside. (If you are using more than 3 chicken breasts, double the sauce recipe)
3. In a bowl, scramble eggs and set aside.
4. Add flour in another bowl. Follow by dipping bite size pieces of chicken in egg and then flour. Pan fry pieces on stove top in olive oil and dip bite size pieces of chicken
5. Mix sugar, vinegar, soya sauce and water together.
6. Mix cooked chicken & sauce together and place in a covered casserole dish.
7. Cook for 25 mins, basting a lot.

Serve over rice.

