

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Sweet-Sour Chicken Blast Grinders

Adapted from a Variety of Sources

Most folks think of Asian dishes as sit-down meals, with rice or noodles. These delicious and easy sandwiches boast many of the same flavors, with an added kick...

*2 Tbsp light soy sauce
1 Tbsp rice vinegar (seasoned okay)
2 tsp hot sauce; more as desired
2 Tbsp apricot or peach jam
1 Tbsp cornstarch
2 Tbsp flour
1½ lb boneless, skinless chicken breast, cut
into 1-inch chunks
2 jalapeño or Serrano chiles, minced*

*2 tsp butter
1 tsp extra-virgin olive oil
1 large yellow onion, halved, thin-sliced
1 large red bell pepper, thin-sliced
1 large green bell pepper, thin-sliced
1 cup pineapple chunks, and ½ cup juice
sea salt and freshly ground black pepper
4 hoagie rolls (6-inch)*

In small bowl, whisk together soy sauce, vinegar, hot sauce, jam and cornstarch; set aside. In medium bowl, combine flour and chicken, tossing to coat; set aside. Combine butter and oil in a large sauté pan over medium-high heat. Once butter has melted, add chicken and brown on all sides, about 5 minutes.

Add chiles, sliced onion and peppers, and pineapple juice. Sauté until chicken is cooked through and onions are tender, about 4 minutes. Add pineapple and cook until heated.

Stir in soy sauce mixture and cook, stirring constantly, until thickened, about 2 minutes. Season with salt and pepper; add any additional hot sauce desired. Spoon chicken, vegetables and sauce into hoagie rolls, and serve with chips and lemonade or iced tea.

This recipe can be an almost endless source of different sandwiches. You can use thinly sliced beef, or pork loin chunks. Or you can try curry style seasonings to give a tikka masala-like sensation. Exercise your creativity, and enjoy!

Yield: Four large grinder sandwiches

Preparation time: 10 minutes

Cooking time: 15 minutes

