

Sweet and Sour Chicken Wings

Submitted by Betsy Ding

Ingredients

- 2 lbs chicken wings
- salt
- cornstarch
- 2 eggs
- oil for frying

Sauce

- 1/4 c chicken stock
- 3 Tbsp catsup
- 1 Tbsp soy sauce
- 1/2 - 3/4 c sugar
- 1/2 c vinegar

Directions

1. Cut wings each into 3 pieces, saving tips for stock
2. Salt wings and roll in cornstarch. Beat eggs and dip wings in eggs.
3. Heat oil. Fry wings until golden brown and drain.
4. Make Sauce: combine all ingredients and bring to boil.



5. Line wings in oblong pan. Pour sauce over and bake for 30 minutes at 325 F, turning after the first 15 minutes.

