

Pakkai

2 ½ - 3 lbs spareribs cut into bite size pieces

Salt to taste

3 T shoyu

2 to 3 T cornstarch

½ C sugar

½ C ketchup

½ C wine or sake

¼ C vinegar

2 cloves garlic, minced

1 large green pepper, chopped

1 large onion, chopped

2/3 can (20 oz) pineapple chunks in juice, drained

Cook ribs in salted boiling water (1 tsp salt to 1 quart water) for 20 min to remove excess fat. Drain, reserving 1 C of broth. Mix together shoyu and cornstarch and set aside. Combine sugar, ketchup, wine, vinegar and garlic for sauce and set aside.

In a heavy, deep frying pan, combine ribs and shoyu mixture. Cook over medium heat, stirring constantly, until sauce becomes dark brown. Pour sweet and sour sauce over spareribs and mix well. Lower heat, cover and simmer for 20 minutes, stirring occasionally. If sauce thickens too rapidly, add some of the reserved broth. Add veggies and pineapple chunks and cook 10 min longer or until veggies are crisp tender.