

It is really a great meal; my family just loves it and requests it all the time. There is always lots of sauce left over to go over rice or noodles!

Sweet and Sour Chicken

Chicken:

- 1 cup flour
- 1 egg
- 1/2 cup condensed milk

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Salt sauce:

- 1 cup water
- 1 tablespoon vinegar
- 2 teaspoons cornstarch
- 1/2 sugar
- 1 1/2 cup ketchup
- 1/4 teaspoon Soya sauce

Cook chicken and cut into pieces. Beat flour, egg, salt, and milk together and coat chicken. Cook in fat. Be careful as the fat can get quite hot. When brown, take out and put into sauce. Combine all ingredients (well) in a saucepan and bring to a boil. Pour over chicken and bake for 1 hour.

Creamy Dip

- 1 package cream cheese, softened



Thawed chicken should be cooked as soon as possible. If not using the chicken immediately, store in the refrigerator and use within 24 hours of thawing.

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- 3/4 cup sour cream
- 1 tablespoon finely chopped green onion
- 1/2 teaspoon crushed red peppers

Mix softened cream cheese with sour cream. Stir in onion and red peppers. Chill for 2 hours. Make about 1 2/3 cups.

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Banana Bread

- 5 tablespoons butter
- 1/2 cup granulated sugar
- 1/2 cup light brown sugar
- 1 large egg
- 2 egg whites
- 1 tablespoons vanilla extract
- 1 1/2 cups mashed bananas (ripe)
- 1 3/4 cups all purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup baking powder
- 1/2 cup heavy cream

Preheat oven to 350 degrees F. Grease loaf pan. Beat butter in large bowl until fluffy. Add both sugars, beat well: add egg, egg whites, and vanilla. Beat until well blended. Add bananas on high for 30 seconds. Combine flour, baking soda, salt, and baking powder in a medium bowl.

Add dry mix to wet mix. Alternately with cream, ending with flour mix. Pour into loaf and bake for about 1 hour 15 minutes.