



SPOTLIGHT RECIPE
COUNTRY - HAWAII

HULI HULI CHICKEN

SERVES 8

INGREDIENTS

- 1 cup ketchup
- 1 cup soy sauce
- 1 cup packed raw or demerara brown sugar
- 1/2 cup rice vinegar
- 2 tablespoons ginger, finely grated
- 1 tablespoon garlic, finely grated
- 4 pounds boneless, skinless chicken thighs

DIRECTIONS

In a mixing bowl, combine the ketchup, soy sauce, brown sugar, rice vinegar, ginger and garlic, and stir until combined. Reserve and refrigerate 1 cup of the mixture for basting the chicken later. Add the chicken to the remaining mixture, and toss until evenly coated. Cover and let marinate for 12 hours.

Heat a grill to 350 F. Spray the grill grates with nonstick spray. Place the chicken on the grill, and let cook for 25 to 30 minutes, turning every 5 minutes to keep the chicken from burning, and basting it with the reserved marinade after you turn it, until cooked to 165 F internal temperature. Serve immediately.

Side dishes

Macaroni Salad • Steamed Broccoli

