

SPOTLIGHT RECIPE



GRILLED HULI HULI CHICKEN

- In a bowl, mix all of the ingredients except the chicken. Reserve 1 1/2 cups for basting; cover and refrigerate. Divide the remaining marinade between 2 plastic bags.
- Add 12 chicken thighs to each bag; seal the bags and turn to coat. Refrigerate for 8 hours or overnight.
- Turn a charbroiler to medium-high heat. Drain the marinade from the chicken and discard. Spray the charbroiler with nonstick spray. Place the chicken thighs, skin side down, and grill mark and cook for 6-8 minutes. Spray a sheet pan with nonstick spray and set aside. Heat the oven to 350 F.
- Once the chicken has been grilled marked, place it on the sheet pan. Baste the chicken before placing it in the oven. Cook for 20 to 25 minutes or, using a food thermometer, until the internal temperature reaches 165 F. Baste the chicken every 5 to 10 minutes.
- Take the chicken out of the oven; serve hot.

Ingredients

Servings: 12

- 1 cup brown sugar
- 3/4 cup ketchup
- 3/4 cup soy sauce
- 1/3 cup sherry, cooking wine or apple cider vinegar
- 2 1/2 teaspoons ginger root, cleaned, minced
- 1 1/2 teaspoons fresh garlic clove, minced
- 24 chicken thighs, boneless*
(*Can substitute chicken wings, legs, quarters and/or pork ribs)

