

CAFE THOMPSON RECIPE



HULI HULI PINEAPPLE CHICKEN

This Hawaiian BBQ is commonly found at roadside fundraisers. This recipe uses crushed pineapple and brown sugar for caramelized texture and wonderful flavor. And, if you are wondering, “huli” is the Hawaiian term for “turn.”

SERVES 6

INGREDIENTS

- One 10-ounce can crushed pineapple in juice
- 3/4 cup brown sugar
- 1/4 cup shoyu (Japanese soy sauce)
- 1/3 cup ketchup
- 1/3 cup red wine
- 1/4 cup Worcestershire sauce
- One 1-inch piece fresh ginger, minced
- 1 clove garlic, minced
- 4 drops liquid smoke, or more to taste, optional
- Two 3 1/2-pound fryer chickens, quartered

DIRECTIONS

Stir pineapple, brown sugar, shoyu, ketchup, red wine, Worcestershire sauce, ginger, garlic and liquid smoke together in a pot. Bring to a boil, reduce heat to medium-low and simmer, stirring occasionally, until sauce is reduced and thickened, about 30 minutes. Cool completely. Transfer 1 1/2 cups sauce to a bowl and refrigerate.

Place chicken pieces in a large bowl and pour remaining sauce over the top; toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator, 4 hours to overnight.

Preheat oven 375 F.

Remove chicken from marinade; discard used marinade.

Cook chicken in the preheated oven until caramelized, about 5 minutes per side. Reduce heat to low and cook, turning and basting frequently with reserved 1 1/2 cups pineapple sauce, until no longer pink at the bone and juices run clear, 10 to 15 minutes more. An instant-read thermometer inserted into the thickest part near the bone should read 165 F.

Side dish

Pineapple Fried Rice
Grilled Vegetable Skewers

