

HAWAIIAN HULI HULI CHICKEN

Ingredients:

- Pack of 4 chicken breast
- 3 tablespoons light brown sugar
- 1/4 cup ketchup
- 1/4 cup soy sauce
- 1/2 cup pineapple juice
- 1 tablespoon worcestershire sauce
- 1 tablespoon apple cider vinegar
- 5 cloves fresh garlic, minced
- 1 tablespoon fresh ginger, minced
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon black pepper



Cooking Instructions:

- (1) Stir all ingredients for the marinade, i.e., everything but the chicken, thoroughly in a bowl. Set aside a bit of the marinade for later. Note that it is **critical** that you do NOT use fresh pineapple juice¹
- (2) Mix the other half of marinade with the chicken thoroughly and refrigerate at least 4-6 hours (up to 24 hours).
- (3) Remove chicken from fridge and let sit at room temperature for 20 minutes before cooking.
- (4) Fry on BBQ on med-high until cooked, using the left-over marinade to brush inter-midently. If you're like me and you don't have a BBQ because you're a poor college student, then you can cook on the stovetop as described next.
- (5) Heat a large non-stick pan on high with a generous coating of olive oil. Once pan is hot, put chicken in a single layer, turning every few minutes. You can drizzle the extra marinade while it cooks, but make sure that you have a spatula ready to remove the excess burnt marinade as it cooks. I like to cook until both sides have been thoroughly blackened. Finish in the oven for a few minutes (or to keep warm).

Serve with suggestions:

- Grilled pineapple slices
- Cesar salad (with homemade dressing!)
- Garlic Fries

¹I made this recipe with fresh pineapple juice once (you know, trying to gourmet and shit) and it turns out that fresh pineapple has an enzyme called bromelain that breaks down protein (which is also why pineapple burns your mouth when you eat it... it is eating you back). So I had the chicken marinating in this for 24 hours and when I finally cooked it, it was really mushy... yea not good.