

Hawaiian Chicken

January 20th, 2022

This recipe serves: 4

Prep Time: 00:15

Cook Time: 02:00

This is an easy Chicken recipe, designed for the Sous Vide. You can prepare beforehand and freeze in a vacuum-sealed bag up to 6 months. Just drop the bag in your Sous Vide pot and walk away. Your main course will be ready to eat a few hours later.

Ingredients:

4 Chicken Breasts, boneless and skinless

8 Ounces Canned Pineapple Chunks

Sauce:

1/2 Fresh Lemon, juiced

1 Tablespoon Honey

1 Teaspoon Soy Sauce

1/2 Teaspoon Sesame Oil

1/2 Teaspoon Brown Sugar

1 Tablespoon Tomato Powder

1 Teaspoon Rice Vinegar

1 Inch Fresh Ginger, thinly sliced

1/2 Teaspoon Garlic Powder

1/2 Teaspoon Worcestershire Sauce

1/2 Teaspoon Liquid Smoke

1/4 Teaspoon Dry Mustard

1/4 Red Pepper Flakes

Vegetables:

1 Red Bell Pepper

1 Green Bell Pepper

1 Yellow or Orange Bell Pepper

1/4 Red Onion, roughly chopped

2 Tablespoons Cilantro, roughly chopped

Olive Oil

Sesame Seeds

Directions:

Place the Chicken into a Sous Vide bag, in a single layer.

In a medium-sized bowl, mix the Lemon Juice and Honey.

Separate the Pineapple Chunks into 2 parts.

Mash 4 ounces of the Pineapple Chunks well and add to the bowl.

Reserve the remaining Pineapple Chunks for the final Sauce.

Mix all the other Sauce ingredients into the bowl and stir together well.

Sous Vide Preparation:

Add the mix to the bag.

Vacuum out all the air and seal the bag.

Refrigerate up to 1 week.

Freeze up to 6 months.

Sous Vide at 143° F for 1.25 hours (1.5 hours if frozen).

Remove the bag from the Sous Vide and rest, unopened, for 10 minutes.

The unopened bag can be refrigerated up to 4 weeks or frozen up to 6 months.

Remove the meat from the bag, reserving the Au Jus.

Dry the Chicken with a paper towel or tea towel.

Heat a large saute pan over medium high heat. Sear the Chicken on all sides until browned.

Remove the Chicken from the pan.

Add a teaspoon of Oil to the pan. Grill the Peppers and Onions, stirring frequently.

Mix Corn Starch into the Au Jus for a sauce. Stir or whisk until there are no lumps.

Pour the Au Jus into the pan with the Peppers.

Stir in the remaining 4 Ounces of Pineapple Chunks.

Reduce heat and simmer until the sauce begins to thicken.

Conventional Oven Preparation:

Preheat the oven to 350° F.

Dice the Chicken into bite-sized Cubes.

Dice the Bell Peppers.

Roughly chop the Red Onion.

Roughly chop the Cilantro.

Mix the Corn Starch into the Sauce Mix. Whisk or mix until there are no lumps.

Add the Chicken, Peppers, and Onions into the bowl. Mix until everything is evenly coated.

Cover a large oven sheet pan with parchment paper. Spread the Mix into a single layer across the parchment paper.

Bake the sheet pan for 20 minutes. Remove the pan and evenly distribute the Pineapple Chunks.

Bake for another 20 minutes or until the internal temperature of the Chicken reaches 165° F.

Serve the Chicken, vegetables, and sauce over a bed of Jasmine Rice.

Sprinkle with Sesame Seeds.