

Hawaiian Huli Huli Chicken

January 17th, 2017

This recipe serves: 6

Prep Time: 01:00

Cook Time: 00:45

Huli Huli - Hawaiian for "Turn turn" refers to the need for the Chef to constantly rotate the chicken over the fire to ensure it cooks evenly. Huli Huli Chicken is a staple of traditional Hawaiian cuisine. Serve with Hawaiian Coconut Pineapple Rice.

Ingredients:

3 to 4 pounds of chicken

Marinade

1 Cup Unsweetened Pineapple Juice

1/2 Cup Pulp-free Orange Juice

1/2 Cup Soy Sauce

4 Tablespoon Sesame Oil

1/4 Cup Brown Sugar

1/4 Cup Honey

1/4 Cup Tomato Paste

1/4 Cup Rice Vinegar

1 (2 inch) piece Fresh Ginger (crushed)

4 Cloves (2 Teaspoons) Garlic, finely minced or 1/2 Teaspoon Garlic Powder

2 Tablespoon Worcestershire Sauce

1 pinch Red Pepper Flakes

1 fresh Lemon, juiced

1/4 Teaspoon Dry Mustard

Vegetables:

1 Red Onion (cut into thick slices)

1/2 Green Bell Pepper per person, pith and seeds removed

1/2 Red Bell Pepper per person, pith and seeds removed

1 Can (12 oz) Chunked Pineapple

Directions:

Remove the skin from the Chicken.

If you have a whole chicken, and you plan to use the spatchcocked method, spatchcock the bird.

Combine all the ingredients of the marinade and mix thoroughly until the brown sugar has dissolved.

Reserve 1 cup of marinade and refrigerate for later.

Place the Chicken and Marinade into a Sous Vide bag. Vacuum out all the air and seal the bag.

Refrigerate 12 to 24 hours. Freeze up to 6 months.

Cook:

On the Grill

Huli Huli Chicken is best when grilled over hot coals. As the name suggests, it should be turned frequently to prevent burning. Continue to baste the chicken with the marinade.

Place the Bell Peppers and Onions on the grill. Rotate and baste until finished.

In the Oven: Spatchcocked

If cooking on the grill is not an option, **preheat oven to 425° F (220° C).**

Remove the Chicken from the marinade and place on a large oven sheet pan.

Bake the Chicken 20 minutes.

Turn Chicken over, and apply a new layer of Marinade.

Bake the Chicken for another 20 minutes, until the internal temperature of the Chicken reaches 160° F.

The Chicken should be browned on both sides and the juices should run clear.

In the Oven: Vertical Spit

Preheat oven to 350° F (220° C).

Remove the Chicken from the Marinade.

Set the vertical spit on a large oven sheet pan.

Use food grade twine to truss the drumsticks together.

Slide the Chicken onto the vertical spit, upside down.

Baste the Chicken with Marinade.

Insert a meat thermometer into the meat, near the thigh joint.

Bake at 350° for 30 minutes.

Baste the Chicken again with heated Marinade after 30 minutes.

Continue to **bake until the internal temperature of the meat reached 165° F.**

Remove the meat from the oven and rest it for 10 minutes.

Carve the Roast and serve with Hawaiian Coconut Pineapple Rice.