

The page is decorated with vibrant tropical illustrations. In the top-left corner, there are pink and orange plumeria flowers and green ferns. In the top-right, a white bird is perched on a branch, surrounded by green leaves and a white plumeria flower. In the bottom-left, there are red and orange plumeria flowers. In the bottom-right, there are green leaves and a pink plumeria flower.

Huli Huli Chicken

Mmmmmmmmmmm Good!

IMPORTANT:

Below I'm sharing with you my Best Friend's Family's recipe for Huli Huli Chicken. This recipe was given to them several years ago by their family friend.

No one remembers where or from whom this original recipe came from, so everyone just passes around the photo of the recipe they have.

Kinda fun and a little mysterious!

Story behind Huli Huli Chicken *(Typed out from the picture that was shared with me):*

Author: *Anonymous*

"One of the many things I remember about being stationed in Hawaii was the Huli Huli chicken road side fund raisers. I'd get in my car, drive around with the top down, and sniff the air until I found one.

One what?

One huge ass trailer BBQ full of mesquite coals and rotisseries full of chicken.
Pure Heaven!

Schools and civic organizations rent the trailer/BBQ, buy all their chicken from the same company, who also makes the marinade, and volunteers man the fires.

If you've lived in Hawaii, you know what I'm talking about. If you haven't, you can try my Huli Huli Chicken recipe for a taste of the islands.

I went begging for this recipe, and it tastes exactly the way I remember the roadside stands.
Mmmmm."



Huli Huli Chicken

Cont.

Ingredients:

Couple of chickens cut p for the grill – or – 3 or 4 lbs of chicken breasts
½ cup of frozen pineapple concentrate (really, using regular juice doesn't cut it)
½ cup soy sauce
¼ cup catsup (yeah, catsup. Hawaii IS part of the U.S. ya know)
1 knob/finger of fresh ginger grated fine
Couple of cloves of garlic, crushed. (to taste... my recipe card says 1, I use 3)
3 tablespoons of brown sugar

Non-Food Items:

- Mesquite charcoal, or better yet, mesquite chunks soaked for at least an hour in water before use. Toss them on when coals are ready. The Hawaiians have a different name for mesquite, but that's the wood they use to BBQ this stuff with. Honest.
- BBQ pop or a big paint brush. Big. 4 inches or so big
- Mix all the ingredients up and marinate the chicken for at least ½ hour before cooking. I use Ziploc bags. Wonderful invention.
- Get the coals fired up. When you are ready to cook, toss on the mesquite chunks, and drop the chicken on the grill.
- Huli huli means turn over turn over (really). So here's how you cook this gem. Once the chicken is on the grill, you mop it with the marinade, let it sit 5 minutes, then turn it over and mop again. Continue until the chicken is done, or you run out of marinade. If you run out of marinate first, keep turning the chicken every 5 minutes until done, or the brown sugar will burn.

This stuff is killer.

You can also do this in an electric rotisserie. Every 10 minutes or so, baste the previously marinated bird with more marinade until done/out of marinade. You will thank me in the morning.