



Hawaiian Huli Huli Chicken with Caramelised Pineapple

Serves 4

To celebrate the current popularity of Hawaiian cuisine, we thought it would be nice to welcome Autumn with our interpretation of the classic Hawaiian dish, Huli Huli chicken with caramelised pineapple for an extra touch of Hawaii. We think it's a perfect casual main course dish for a relaxed week-time dinner or slow weekend lunch. Enjoy!

TASTE OF AUTUMN FACT

Hawaii has its own rich and distinct food culture made up of a melting pot of differing nationalities.

The popular dish Huli-Huli chicken was created in 1954 by Ernest Morgado in Hawaii, using his grandmother's teriyaki-like sauce recipe. The dish was originally cooked on a grill with a makeshift spit. Onlookers would shout 'huli' meaning turn in Hawaiian when the chicken was rotated or turned over and basted, this phrase was quickly adopted as the dishes now famous name.

INGREDIENTS

- 250ml Pineapple Juice
- 100gm Brown Sugar
- 125ml Soy Sauce
- 125ml Tomato Sauce
- 2 tsp Minced Ginger
- 2 Garlic Cloves - peel and finely chop.
- 1 Green Shallot Stem - finely slice.
- 30ml Malt Vinegar
- 60ml Chicken Stock
- To Taste - Sea Salt and Freshly Ground Black Pepper
- 4 x large Chicken Marylands - score the skin side 3 times with a sharp knife
- As Required - Extra Virgin Olive Oil Spray
- As Required - Coconut Sugar
- ½ Pineapple - top and tail, cut into quarters lengthwise, remove core and cut lengthways into 2cm thick slices
- As Required - Extra Virgin Olive Oil Spray

METHOD

1. Preheat an oven to a moderate temperature - 160°C.
2. In a mixing bowl, add the pineapple juice, brown sugar, soy sauce, tomato sauce, ginger, garlic, shallot, malt vinegar and chicken stock, mix to combine and season to taste.
3. Add the chicken and toss until it is evenly coated with the marinade, then cover with cling wrap and refrigerate for 8 hours.
4. Remove the chicken from the refrigerator and remove it from the marinade, allowing any excess marinade to drain off.
5. Over a moderate heat, generously spray oil a sauté pan or a flat BBQ plate. Add the chicken and sear it until it is lightly browned on both sides, Then remove it from the heat and place it into a deep sided roasting tray, skin side up. Place the chicken into the oven and roast for 35 minutes, basting the chicken every 10 minutes with the pan juices, or until the chicken is cooked through and golden brown in colour. Remove the chicken from the oven, cover with aluminium foil and set to one side to rest for 5 minutes.
6. In a mixing bowl, add the coconut sugar and pineapple pieces, toss until the pineapple is lightly coated with the sugar.
7. Over a moderate heat, generously spray oil a sauté pan. Add the pineapple slices and sauté until each one is lightly caramelised on all sides, then remove them from the heat.



TO SERVE

Place the chicken onto a serving board or platter, next to the chicken place the caramelised pineapple pieces and serve immediately.

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