

A close-up photograph of several grilled chicken thighs on a metal tray. The chicken is charred and glistening with a dark red sauce. A wooden mallet is visible in the background, resting on a small bowl of the same sauce.

GRILLED HULI HULI CHICKEN THIGHS

CUISINE: Hawaiian

In 1955, Ernest Morgado, a Honolulu businessman, served a group of farmers grilled chicken that had been marinated in his mother's teriyaki-style sauce. It was such a hit that he decided to market it with the name "huli huli." Huli means "turn" in Hawaiian and refers to how it's prepared: grilled between two racks and turned halfway through cooking.

INGREDIENTS

- 1 cup unsweetened pineapple juice
- 1/4 cup soy sauce (low sodium)
- 3 tablespoons tomato paste
- 1 tablespoon brown sugar
- 1/4 cup seasoned rice vinegar
- 1 teaspoon ginger
- 1 teaspoon garlic powder
- 1 tablespoon sriracha
- 1/4 cup olive oil
- 2-3 pounds of boneless, skinless chicken thighs

INSTRUCTIONS

1. Whisk all ingredients, minus the olive oil, together in a large bowl until well-incorporated. Then slowly whisk in olive oil.
2. Add chicken thighs to the marinade and let sit for about an hour. You can also add the chicken and marinade to a ziplock and let it sit for 2-3 hours in the fridge.
3. Remove chicken from marinade and grill on high heat (at least 500 degrees) about 5-6 minutes per side or until internal temperature reaches 165 degrees.