

Huli Huli Chicken on Asian Slaw Salad with Pineapple Relish



Sirve:

12 servings

Pieza:

Mega Skillet Limited Edition
Saladmaster Food Processor
3.5 Qt. Double Walled Bowl
small mixing bowl
medium mixing bowl

Valora: ☆☆☆☆☆

Contribuido por:

Chef John Lara
Personal chef to former U.S. President

Agregar un Comentario

Huli Huli Chicken

1/2 cup
soy sauce

(120
mL)

1/2 cup
brown sugar

(90
g)

1 1/2 cups
pineapple juice

(350
mL)

1 tablespoon
sesame oil

(15
mL)

2 teaspoons
ground ginger

(10
mL)

2 teaspoons
garlic, shredded, use Cone #1

(10
mL)

12 boneless chicken thighs, skin-on

Asian Slaw Salad & Vinaigrette

4
tablespoons rice wine (60 mL) 1/2
vinegar 1/4

medium red onion, cut cup cilantro, (4 g)
julienne chopped

Pineapple Relish

1 cup fresh pineapple, small
diced

Preparación :

1. In a medium bowl, place soy sauce, brown sugar, pineapple juice, sesame oil, ginger and garlic to create the marinade. Whisk all ingredients well.
2. Rinse chicken thoroughly with cold water. Combine marinade with chicken and marinate in the refrigerator for an hour to allow flavors to develop.
3. Preheat Mega Skillet over medium heat 5 - 7 minutes. Drain chicken thighs and reserve marinade. When drops of water sprinkled on pan skitter and dissipate, carefully add chicken thighs skin side down. Cook for 5 minutes until browned. Turn and cook for 3 minutes, then cover. When Vapo-Valve™ clicks, reduce heat to low, add reserved marinade, and cook for 20 - 30 minutes or until chicken is tender. Allow chicken to cool down slightly at room temperature, slice on the bias before placing on top of slaw salad.

Asian Slaw Salad & Vinaigrette

1. To make the vinaigrette, incorporate first 8 ingredients through ginger, in a small bowl. Whisk thoroughly and set aside.
2. In the double walled bowl, fold remaining ingredients together. Toss with the vinaigrette just before serving.

Assembly

1. Place all ingredients for Pineapple Relish in a medium bowl and stir to blend. Set aside.
2. Place a bed of Asian Slaw on the base of the plate, top with sliced chicken, drizzle chicken with remaining cooked marinade, and garnish with the Pineapple Relish.

Consejos:

- Can marinate chicken overnight.
- Remove skin from chicken if desired.

Información nutricional por ración

Calorías: 356
Grasa Total: 19g
Grasa 5g
Saturada:
Colesterol: 79mg
Sodio: 580mg
Carbohidratos: 31g
Fibra 3g
Dietética:
Azúcar: 21g
Proteína: 19g