



Huli Huli Grilled Chicken

The First Bite That Stole My Heart

The smell of sizzling pineapple and soy sauce hit me before I even saw the grill. My neighbor's backyard luau introduced me to Huli Huli chicken. The sweet, sticky glaze clung to juicy thighs, and the charred pineapple was a revelation. **Ever wondered how you could turn Huli Huli Grilled Chicken into something unforgettable?** That first bite made me a believer. Now, I crave that balance of tangy, sweet, and smoky every summer.

My Messy (But Delicious) First Try

My first attempt ended with sauce dripping onto the grill—cue flare-ups and panic. The chicken survived, though, and the caramelized edges were worth the chaos. **Home cooking teaches us to embrace**

imperfections. A burnt corner or messy plate just means you tried something real. Share your own kitchen blunders below—did your first grill session go smoothly?

Why This Dish Shines

– The marinade’s brown sugar and pineapple juice create a glossy, caramelized crust. – Fresh ginger and garlic add a spicy kick that cuts through the sweetness. **Which flavor combo surprises you most?** Is it the soy-pineapple duo or the ginger’s zing? Vote with a comment!

A Taste of Hawaii’s Backyards

Huli Huli chicken started in 1950s Hawaii, grilled roadside for fundraisers. *Did you know “huli” means “turn” in Hawaiian?* Flipping the chicken bastes it in that iconic sauce. This dish is all about community—perfect for sharing at cookouts. What’s your favorite food with a fun backstory? Tell me in the comments!



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Ingredients:

Ingredient	Amount	Notes
Light brown sugar	3/4 cup	
Pineapple juice	1/2 cup	
Ketchup	1/2 cup	
Light soy sauce	1/2 cup	
Sherry	1/3 cup	
Fresh ginger	2 teaspoons	Grated
Garlic	2 cloves	Grated
Cornstarch or arrowroot	2 tablespoons	
Boneless chicken thigh fillets	2 pounds	
Pineapple slices	8-12 slices	Fresh or canned
Scallions	2 tablespoons	Chopped diagonally

How to Make Huli Huli Grilled Chicken

Step 1

See also Easy Slow Cooker Verde Chicken

Mix brown sugar, pineapple juice, ketchup, soy sauce, sherry, ginger, and garlic in a bowl. Save half for marinade, simmer the rest in a pan. Thicken the simmered sauce with cornstarch and water. Let it cool for dipping later. (*Hard-learned tip: Grate ginger and garlic fresh—it packs more flavor than pre-minced.*) **Step 2** Toss chicken with half the sauce in a bowl. Cover and chill for 4 hours or overnight. Grill chicken on oiled grates for 5-6 minutes per side. Check temp—165°F means it's done. **What's your go-to marinade time? Overnight or quick soak?** **Share below!** **Step 3** Grill pineapple rings for 1-2 minutes until marked. Let chicken rest before slicing. Serve with pineapple, scallions,

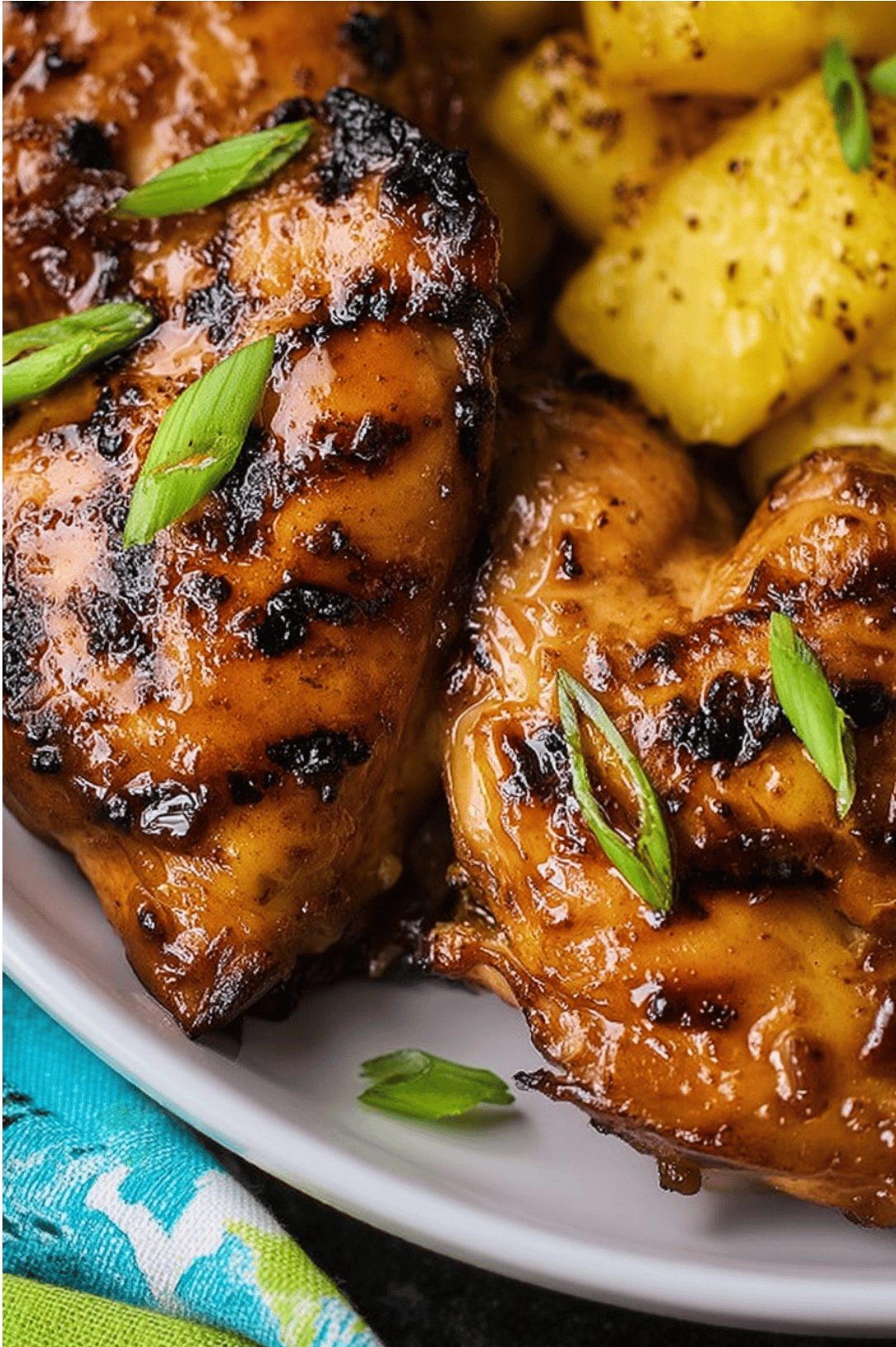
and thickened sauce. Baste extra sauce for sticky-sweet glaze. **Cook Time:** 20 minutes **Total Time:** 4 hours 20 minutes **Yield:** 4 servings
Category: Dinner, Grilling

3 Twists on Huli Huli Chicken

Spicy Kick Add 1 tsp chili flakes or sriracha to the marinade. **Veggie Swap** Use tofu or portobello mushrooms instead of chicken. **Winter Warm-Up** Skip pineapple—serve with roasted sweet potatoes and extra ginger. **Which twist would you try first? Vote in the comments!**

Serving Ideas for Your Grill Masterpiece

Pair with coconut rice or a crisp cucumber salad. Top with sesame seeds for crunch. Sip a cold lager or pineapple sparkling water. **Which would you choose tonight? The beer or the bubbly?**



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Storing and Reheating Tips

Keep leftover chicken in the fridge for up to 3 days. Use airtight containers to lock in flavor. Freeze portions for up to 2 months—thaw overnight before reheating. Warm in the oven or on the grill for crispness. Microwaving works but can make the chicken soggy.

See also Creamy Chicken Fajita Pasta in 30 Minutes

Batch-cook this recipe easily. Double the sauce and freeze half for future meals. *Fun fact*: Huli Huli means “turn turn” in Hawaiian—flip those thighs often! Why this matters: Prepping ahead saves time and keeps weeknight dinners stress-free. What’s your go-to make-ahead meal? Share below!

Troubleshooting Common Issues

Sauce too thin? Simmer longer or add a pinch more cornstarch. Chicken sticking to the grill? Oil the grates well and don’t move it too soon. Pineapple too tart? Brush rings with extra sauce before grilling for sweetness. Why this matters: Small fixes ensure perfect results every time. Burnt edges? Lower the heat and watch closely. Ever had a grill disaster? Tell us how you saved it!

Your Questions Answered

Q: Can I make this gluten-free? A: Yes! Use tamari instead of soy sauce. Check labels for hidden gluten. **Q: How far ahead can I marinate?** A: Up to 24 hours. Longer can make the chicken mushy. **Q: What’s a good sherry swap?** A: Try apple juice or rice vinegar for a similar tang. **Q: Can I double the recipe?** A: Absolutely! Just use two pans or grill in batches. **Q: Best side dishes?** A: Coconut rice or a crisp

green salad pairs perfectly. Vote: Rice or salad?

Final Thoughts

This Huli Huli chicken brings sunshine to any table. The sweet-savory sauce is a crowd-pleaser. Don't forget the pineapple—it's the star! **Tag @SavoryDiscovery on Pinterest with your creations.** Happy cooking! —Elowen Thorn.

You need to try !



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