

# GRILLED HULI HULI CHICKEN

## Ingredients

- 4 pounds boneless skinless chicken thighs, chicken breasts also work
- 1 cup unsweetened pineapple juice
- ½ cup soy sauce
- ½ cup brown sugar
- ⅓ cup ketchup
- ¼ cup chicken broth
- 2 teaspoons fresh ginger root, grated
- 1½ teaspoons minced garlic
- green onions, sliced for garnish

## Instructions

1. In a medium sized bowl, whisk together pineapple juice, soy sauce, brown sugar, ketchup, chicken broth, ginger and garlic. Reserve 1 cup sauce for basting. Add the chicken thighs and sauce to a ziplock bag and marinate at least 3 hours or overnight.
2. Grill chicken, covered, over medium heat for 6-8 minutes on each side or until no longer pink. Baste occasionally with reserved marinade during the last 5 minutes. Garnish with green onions if desired





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## Alyssa Rivers

I am Alyssa and the blogger behind The Recipe Critic. I started my blog in June of 2012 as a place to share my passion for cooking. I love trying new things and testing them out with my family.

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### 1. Shawna

[May 2, 2016 at 7:47 am](#)

Hey girl this looks so yummy!

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### 2. Cindy

[May 9, 2016 at 3:53 pm](#)

Would bone in chicken breast work? I tend to dry out boneless breast. Thank you!

[Reply](#)

### 1. Nicole Vanlimbeek

[August 19, 2019 at 4:23 pm](#)

Ive tried bone in chicken breast and they turned out great! They just take a little longer on the grill!

[Reply](#)

### 3. Holly

[May 10, 2016 at 8:31 pm](#)

This was really good! Prep time was minimal. Recipe adjusted nicely for less than 4 pounds of chicken. Will make again!

[Reply](#)

### 4. Chris

[May 11, 2016 at 1:26 am](#)

As soon as I saw this recipe, I knew this is what I wanted to try for Mother's Day. I knew my sister-in-law and I would love it, and, well, if our hubbies and my grown son and nephew didn't, oh well! After all. It was for MOTHER's Day! Well..... this is my new most favourite way to have chicken, and everyone was SOOO in love with it that my hubby declared that it was to be made for Father's Day too! On a scale of 1-10, I'm fairly confident that this comes in at a solid 63! The taste from the marinade is ahhhhh-mazing, and although the chicken is heavenly on its own, the grilled pineapple takes it to a whole other level. Neither my son nor my bro-in-law like pineapple, but after hearing the raves from the rest of us, they both decided to 'give 'er a go' and then helped themselves to seconds and even THIRDS! Once again, I must thank you for sharing your talent with us, and please don't ever stop!

[Reply](#)

### 5. Kathleen

[May 11, 2016 at 2:46 am](#)

I have to say that I made this for dinner tonight with about 2#s of chicken. I wish now that I had made the full for because my six year old was asking to eat it again tomorrow night. Lol. It was great! Thank you!

[Reply](#)

## 6. Pat W

[May 14, 2016 at 5:30 am](#)

We cannot grill outside. How would this work in a grill pan or baked?

[Reply](#)

## 1. Cory Freed

[March 31, 2017 at 7:47 pm](#)

Buy a small grill!

[Reply](#)

## 2. Jill M.

[April 3, 2017 at 4:03 pm](#)

I bake Hawaiian chicken in the oven all the time. Buy bone in thighs skin on, but trim the excess fat off. Bake at 350 skin side down, turn chicken and cook for another 30 minutes. The sauce is good over rice if you use a blaster to get under the fat and since it's been cooked it's safe to eat now, unlike if you BBQ.

[Reply](#)

## 1. Julie

[April 5, 2017 at 6:07 pm](#)

To clarify.....are you saying, bake skin side down for 30 minutes, then turn chicken and back for another 30 minutes (total of an hour?)

[Reply](#)

## 1. Alyssa

[April 5, 2017 at 9:55 pm](#)

I am can't find where you are seeing that? You grill for about 6-8 minutes in the instructions.

[Reply](#)

### 1. Alyssa

[April 5, 2017 at 9:57 pm](#)

It is just one cup. You alternate the flour mixture and milk as you mix it in to the butter mixture.

[Reply](#)

### 3. Elena Athanaseas

[May 20, 2019 at 3:07 am](#)

HI! MY NAME IS ELENI. I JUST READ YOUR QUESTION ,ABOUT GRILLING INDOORS. I HAVE AN INDOOR "SMOKELESS" (IT ISNT) GRILL THAT YOU PUT WATER IN A TRAY UNDER THE GRILL TO CATCH THE DRIPPING FAT.ALSO, WITH THIS RECIPE YOU ALSO HAVE TO WATCH OUT FOR SUGAR, WHICH COULD IGNITE. I ALMOST BURNED MY HOUSE DOWN WITH AN HIBACHI, ON THE WOODEN PORCH.EVEN THOUGH I HAD IT MOUNTED ONTOP OF 4 BRICKS ON EACH SIDE, THE RADIANT HEAT WAS ENOUGH TO IGNITE THE PITCH IN THE WOOD. MY NEIGHBOR BURNED THE FRONT OF HER HOUSE WITH AN HIBACHI .I DONT SEE WHY YOU COULDNT BAKE THEM ON A COOKIE SHEET COVERED WITH ALUMINUM FOIL.I ALWAYS USE A BIG PIECE. OF FOLDED WAX PAPER TO KEEP THE FOIL OFF MY FOOD. IT WORKS GREAT. PUNCH HOLES OR SLITS IN IT TO LET THE STEAM ESCAPE. AND BROIL UNCOVERED FOR 2 OR 3 MINUTES AT THE END. I CANT WAIT TO MAKE THIS RECIPE.!!!!!!

[Reply](#)

### 7. Jeni



[June 6, 2016 at 11:29 am](#)

Has anyone tried an oven baked/broiled version of this? I miss out on so many recipes because, as sacrilegious as it is, I don't have grill!

[Reply](#)

## 1. Tracy

[March 29, 2017 at 10:19 pm](#)

They have little tinfoil disposable grills, with charcoal already in it, for like \$4 at the grocery store. lol Splurge, have a grill night!

[Reply](#)

## 2. Jen

[July 23, 2018 at 5:17 pm](#)

I marinated it overnight then patted it dry & seared it in a pan with oil then baked it for 425 for maybe 15 minutes. I didn't bother basting though. I just reduced the marinade in the pan I seared the chicken in. It turned out good but a little too salty. Maybe use reduced sodium soy sauce.

[Reply](#)

## 8. Christianne

[June 29, 2016 at 9:31 pm](#)

My husband accidentally bought regular pineapple juice in these little cans. Do you think this recipe would work out with sweetened pineapple juice? I LOVE this recipe, by the way!!!! It's always a hit at our bbq's!! I just never made it with sweetened pineapple juice and am worried how it'll turn out.

[Reply](#)

## 1. Alyssa

[June 30, 2016 at 11:06 pm](#)

I think it will still turn out great!

[Reply](#)

## 2. **Jorge**

[March 25, 2017 at 8:48 pm](#)

Do it, it will be awesome!

[Reply](#)

## 9. **Linda**

[September 18, 2016 at 4:20 pm](#)

Amazing! The perfect summer chicken recipe, although I plan to make it all year long. I made this for a dinner get together and my guests loved it. All those different flavors combine into one delicious, not to mention beautiful, chicken recipe. The grilled pineapple alongside it was awesome as well. Thank you so much for helping me be a wonderful hostess with your delicious recipe.

[Reply](#)

## 10. **Jorge**

[March 25, 2017 at 8:44 pm](#)

3rd time I have made this, always go back to this recipe, simply delicious and simple. Thanks for sharing!

[Reply](#)

## 11. **Jim & Mary Miller**

[March 29, 2017 at 9:36 pm](#)

I had huli huli in Maui and can't wait to make this. But I would not make it with skinless and boneless thighs. I think it would be better with the skin and bone....more flavor.  
Has anyone made this using thighs with the skin still on??

[Reply](#)

## 12. **Fran O.**

[March 30, 2017 at 12:27 am](#)

This recipe looks very good! However, it is not Huli Huli chicken. Huli Huli is a cooking method, not a recipe. It is very simply rotisserie half-chicken, cooked over a bed of kiawe wood coals for hours. It is wonderful to drive around the island on weekends and catch the scent & follow it to the parking lot source to a neighborhood fund raiser. Best chicken ever!

[Reply](#)

## 1. **Catt Cadelina**

[September 12, 2017 at 5:46 pm](#)

True. huli huli is Hawaiiin for "turn". The chickens are placed on long rotisserie racks across a table with coals or gas. The chicken is constantly turned. There is a specific recipe used for this chicken.

[Reply](#)

## 1. **Dann A French**

[July 9, 2019 at 2:50 pm](#)

Exact translation is Turn Around. I lived on Oahu for 7 yrs. This is probably my most favorite way to have chicken. It is also cooked with indirect heat mostly and right at the end moved over the coals to sear the chicken. Fran O. is correct about the Kiawe wood coals. Any hardwood will work, but Kiawe gives it a particular taste that other hardwoods can't. There used to be a spot along side

the road to Wiame Bay that this local guy would set up his rotisserie and food truck. He served this with cooked rice and grilled pineapple. It's was to die for.

[Reply](#)

### 13. **Ron**

[March 31, 2017 at 3:26 pm](#)

I gave this four stars on trust and the fact that it looks terrific... I have some thighs marinating right now! Pretty close to sweet & sour, but no vinegar except what's in the kitchen. My only problem will be letting it marinate long enough before I cook it!!

[Reply](#)

### 1. **Ron**

[March 31, 2017 at 3:27 pm](#)

that's supposed to be ketchup, not kitchen... duh

[Reply](#)

### 14. **Jbh61**

[April 2, 2017 at 7:22 am](#)

No good for those who need nutrition info.

[Reply](#)

### 1. **Mimigirl1972**

[July 3, 2017 at 9:33 pm](#)

Plug the ingredients into any recipe builder you find online.

[Reply](#)

15. **JEn**

[April 2, 2017 at 5:20 pm](#)

My chicken is falling apart and kinda slimy is that normal? I marinated over night plus 6 hours

[Reply](#)

1. **Alyssa**

[April 3, 2017 at 2:44 pm](#)

Ummm that might just be your chicken? It shouldn't be falling apart and marinating it shouldn't affect it.

[Reply](#)

16. **Jo**

[April 3, 2017 at 7:28 pm](#)

I thought it was unsanitary to baste with marinade that raw chicken had been soaking in? Any thoughts on this? It looks delicious though!!

[Reply](#)

1. **Sue**

[April 4, 2017 at 5:16 pm](#)

Read the recipe again. It calls for reserving one cup of marinade for basting. Thus this one cup is not used to marinate the chicken and is safe to use to baste the chicken as it cooks for the last five minutes.

[Reply](#)

## 2. **Katie**

[April 4, 2017 at 8:52 pm](#)

I'm pretty sure they used the reserved one cup to baste with!

[Reply](#)

## 3. **Dann A French**

[July 9, 2019 at 2:56 pm](#)

Well, how about heating the marinade to simmer and hold it that way for 15 min. and that will kill any bacteria in it. That will also reduce the marinade and make it a little thicker. Beside if you are grilling the temp of the grill should kill any bacteria in it. The temp should be about 350° over the grill. It'll be ok.

[Reply](#)

## 4. **Kelly Wyman**

[July 22, 2019 at 3:57 pm](#)

I marinated the chicken over night in a zip lock bag. I make it around 7 at night and then bring it out to grill the next day at 5. I grill the chicken and use what's in the bag to baste several times during the final stages of cooking. Whether it's supposed to be good for you or not, this is a family favorite I have made at least 10 times in 3 months. My daughter has her own family but when they come over for dinner this is one of the most requested dinners. Her in laws love it too and they are Hawaiian. Move to California after about 20 years and they love my Huli Huli chicken

[Reply](#)

## 17. **Vickie**

[April 9, 2017 at 8:25 am](#)

I made. This last night. It was delicious. My husband said it was the best chicken he's ever had.

[Reply](#)

18. **Christina Walters**

[April 21, 2017 at 7:03 pm](#)

This is a delicious recipe. I showed the video to my husband, "Instead of ketchup, use Sriracha!" I like the way he thinks:)

[Reply](#)

19. **Kristen**

[April 26, 2017 at 10:28 am](#)

Delicious!! We grilled it on charcoal and it was amazing! We can't wait to grill for our family on Memorial Day weekend

[Reply](#)

20. **Carol**

[May 5, 2017 at 2:56 pm](#)

I apologized if this question was already asked BUT what are the cooking instructions for baking it in the oven instead of grilling??

[Reply](#)

1. **Alyssa**

[May 6, 2017 at 8:42 am](#)

It is similar to my baked teriyaki chicken recipe here <http://therecipecritic.com/2013/12/baked-teriyaki-chicken/> I would bake it at 425 for about 30 minutes.

[Reply](#)

## 21. **Nando**

[May 26, 2017 at 11:17 pm](#)

While I'm sure this is tasty, this is not Huli Huli chicken. Huli Huli chicken is actually just spatchcocked, brined, and rubbed rotisserie chicken cooked over kiawe wood or mesquite which is normally served with a sauce (never a glaze) made with soy, ketchup, garlic chili sauce, ginger, and pineapple – served on the side.

[Reply](#)

## 22. **Morgan**

[June 26, 2017 at 8:26 am](#)

I seriously make this every week or two for me and the hub. The only ingredient I sub out is soy sauce for coconut aminos (we're watching our salt intake), but it takes amazing every time. Thank you so much for posting!

[Reply](#)

## 1. **Alyssa Rivers**

[June 26, 2017 at 3:54 pm](#)

That is AWESOME!!! I appreciate that a lot!! Thank you so much for sharing!!  
XOXO

[Reply](#)

## 23. **Kim Mosson**



[July 3, 2017 at 1:44 pm](#)

Well here goes, I did not have brown sugar and did not want to get out to the market so I used spicy honey. Hopefully it all goes well. will let you know

[Reply](#)

1. **[Alyssa Rivers](#)**

[July 4, 2017 at 12:24 pm](#)

Good luck!! I hope it turns out well!! It still sounds delicious and interesting!

[Reply](#)

24. **Tony G**

[July 3, 2017 at 3:38 pm](#)

When you say grill covered, do you mean cover with tin foil?  
Looks good though.

[Reply](#)

25. **Phyllis pudman**

[July 13, 2017 at 10:25 am](#)

Delicious

[Reply](#)

26. **Bonnie**

[October 16, 2017 at 11:55 am](#)

Could this be baked in the oven or would it not work?

[Reply](#)

27. **Cindy**

[July 24, 2018 at 3:44 pm](#)

Amazing. This has become one of my family's favorite summer meals. Especially good with fresh grilled pineapple.

[Reply](#)

28. **Josh**

[July 28, 2018 at 5:21 pm](#)

This sauce is really thin the picture shows it thick but it's good.

[Reply](#)

29. **Lindsay**

[August 6, 2018 at 9:51 am](#)

I am wondering what side dishes would go well with this...any help?

[Reply](#)

1. **Alyssa Rivers**

[August 9, 2018 at 4:55 am](#)

Most macaroni salads will go great or corn on the cob. Hope that helps! XOXO

[Reply](#)

30. **Laura**

[August 20, 2018 at 11:09 pm](#)

Girlfriend! This was TO DIE FOR!!! The sauce...mmmm. THE BEST 'awesome sauce' for sure!! I seriously could have drank the sauce it was that good! The thighs are the way to go as they add more flavor to the overall dish. Will make again. My family loved it too! Thanks for an amazing recipe!!

[Reply](#)

31. **Jeff Forcum**

[August 21, 2018 at 1:14 pm](#)

Love the Huli Huli chicken. I have mad it twice now.  
The next time I am adding some dried diced chili peppers to the marinade. I am also going to smoke it instead of cooking it on the grill. Has anyone tried the smoking method?  
Thanks, Jeff

[Reply](#)

32. **Floyd**

[August 30, 2018 at 8:51 pm](#)

Made this for a summer potluck. It was a hit. Delicious.

[Reply](#)

33. **Dashon Buckner**

[October 15, 2018 at 1:15 pm](#)

Love it. Easy and delicious

[Reply](#)

34. **Leigh**

[December 2, 2018 at 2:58 pm](#)

One of my go to recipes now. Family and friends all love it!

[Reply](#)

35. **Auntie Doni**

[March 24, 2019 at 6:23 pm](#)

So many Mahalos girl friend!!

I was born, raised, retired and left Hawaii a few years back and have yet to find a good Huli Chicken recipe, until now!!

I gotta tell ya though, I did marinade the meat for three days rather than 3 hours; I used my cool little Smoker Box on my Gas Grill filled with faux Kiawe Wood aka Mesquite Chips, and last but certainly not least, I doubled the marinade.

When I first put together the sauce, it just didn't seem like enough.

So I upped the quantities, put some aside to glaze at the end and CHEE HOO! That's what I call ONO (that's delicious in Hawaiian)

[Reply](#)

36. **Karen**

[April 30, 2019 at 1:15 am](#)

Made this tonight and it was a hit! My son stood by the bbq to smell it cooking.

You mention that the sauce is thick....I followed the recipe and my sauce was very thin. Do you reduce it down before basting?

[Reply](#)

1. **[Alyssa Rivers](#)**

[April 30, 2019 at 4:04 am](#)

I didn't reduce it down but it may not have thickened at the end. I am so glad that your son loved it so much. The smell gets me every time too! Thanks for sharing and following along with me!

[Reply](#)

37. **KS**

[July 8, 2019 at 2:52 pm](#)

I just mixed up the marinade ingredients as written. It is not thick at all, as you described. What am I missing?

[Reply](#)

1. **[Alyssa Rivers](#)**

[July 18, 2019 at 11:56 am](#)

Mixing it well and then letting it sit does help thicken the sauce a bit. If you followed all the instructions correctly it will thicken over time.

[Reply](#)

38. **Michael**

[July 23, 2019 at 10:11 am](#)

Thanks for this! I tried and we all love it. Greetings from Switzerland.

[Reply](#)

39. **Nicole Vanlimbeek**

[August 19, 2019 at 2:38 pm](#)

I love this recipe! It is so easy to prep and make! I serve it with coconut rice topped with toasted almonds and broccoli and its always a hit with friends and family! Thank you for sharing!

[Reply](#)

40. **David Russo**

[September 1, 2019 at 2:42 pm](#)

Recipe calls for unsweetened pineapple juice. Is that directly from the pineapple or is it store bought? I cannot ready-made in the stores.

[Reply](#)

1. **Alyssa Rivers**

[September 28, 2019 at 10:09 pm](#)

I buy it store bought but if you can juice a pineapple that is great and so fresh!

[Reply](#)

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