



SHE'S THE BOSS

PINEAPPLE CHICKEN

Ingredients:

2 lbs of bone-in, skin-on chicken thighs
2 cups of pineapple juice
½ cup of soy sauce
½ of yellow onion, julienned
2 garlic cloves, minced

1 tablespoon canola oil
1 tablespoon of ginger, minced
½ green bell pepper, medium diced
½ red bell pepper, medium diced
1 medium yellow onion, medium diced
1 cup celery, diced medium
1 cup of fresh pineapple diced
2 cups chicken stock
1 cup coconut milk
Salt and pepper



PROCESS:

Marinate chicken thighs in pineapple juice, soy sauce, julienned onions and garlic. Let the chicken marinate for 1 hour. Removed chicken from the marinade. Pat the chicken dry with paper towels. Reserve the marinade.

Heat oil in a 2 qt dutch oven over medium heat. Brown both sides of the chicken thighs. Add the ginger, peppers, onions, and celery and cook for two minutes. Add the reserved marinade and chicken stock in the pot. Cover the pot and simmer the chicken until cooked, about 10 minutes. Add the coconut milk and pineapple. Season with salt and pepper. Serve over steamed rice.

CHEF TIPS

1. For a moist and more flavorful protein, season with salt and pepper and sear all sides of the meat before braising. The caramelization on the meat builds flavor.
2. Do not overcrowd the pan when searing. Overcrowded pans cause steaming and lowers the temperature of the pan.

