



Hawaiian Chicken

MenuManage®

Ingredients:

3 lbs	Chicken, fryers, 8 pc, cut
3 oz	All Purpose Flour
7/8 tsp	Salt
1/4 tsp	Black Pepper
1 1/2 oz	Margarine, melted
1 1/2 oz	Onion, thinly sliced
3/4 oz	Meat Drippings, fat, hot
1 2/3 cup	Water
1/2	#10 Can Pineapple Chunks, juice packed

Directions:

1. Mix 1/2 of the flour and 5/8 tsp salt together with the pepper. Dredge chicken in the seasoned flour.
2. Place chicken in pan, skin side up and drizzle with melted margarine.
3. Bake at 325 F about 45 minutes or until brown. Remove from oven and drain fat. Drain pineapple juice then add pineapple chunks. Cover and seal tightly and bake another 20 minutes.
4. Bake to minimum internal temperature of 165 F.
5. Prepare gravy by browning onions in fat; add remaining flour and blend.
6. Add remaining salt and more pepper, if desired. Add water or stock gradually, stirring constantly with a wire whisk. Cook until smooth and thickened.
7. Place chicken on plate and ladle gravy on top.

