

Hawaiian BBQ Pulled Chicken Sandwiches

Servings : 6

Amount	Measure	Ingredient - Preparation Method
2	pounds	boneless skinless chicken breast
1/2	cup	ketchup
1/3	cup	pineapple juice
1/4	cup	soy sauce
1/4	cup	honey
2 1/2	teaspoons	molasses
1/4	teaspoon	liquid Barbecue Smoke
1/4	teaspoon	coconut extract
1/2	teaspoon	ground ginger
1/2	teaspoon	onion powder
1/2	teaspoon	garlic powder
		black pepper
1	tablespoon	cold water
1	tablespoon	corn starch
2	tablespoons	tomato paste
		glazed pineapple
6		fresh pineapple rings - 1/2" thick
4	tablespoons	brown sugar
1	tablespoon	butter

Place chicken in a 6-7 qt slow cooker. In a bowl, whisk together ketchup, pineapple juice, soy sauce, honey, molasses, liquid smoke, coconut extract, ginger, onion powder, garlic powder and black pepper. Pour over chicken, cover with lid and cook on low for 5-6 houes.

Remove from slow cooker, shred and set aside. In a medium saucepan, whisk together water and cornstarch, slow cooker sauce and tomato paste. Bring to a boil over medium-high heat, stirring, then reduce heat and simmer for 30 seconds, stirring, until thickened. Pour sauce over chicken and toss to coat. Serve on buns with glazed pineapple.

Working in 2 batches, melt 1 Tbspn butter in a 10 inch skillet. Sprinkle 1 Tbspn brown sugar on one side of 3 pineapple rings, add pineapples, sugar side down to skillet, and saute over medium high heat until golden on bottom, about 3 minutes. Sprinkle another Tbspn over top, the flip and cook another 3 minutes. Repeat.