



## Kalua Chicken

Level: Easy

Prep Time: 10 minutes

Serves: 12 to 15

Cook Time: 3 hours



2 large round onion, sliced

2 cloves garlic, smashed

10-pound bag frozen boneless, skinless chicken thighs (do not thaw)

1 tsp. Hawaiian salt, heaping (see Notes)

1 cup water

2 tsp. Hickory liquid smoke (see Notes)

A little less than  $\frac{1}{4}$  cup shoyu (soy sauce)

In a large stock pot, place the onion, garlic, chicken, and salt. In a small bowl, mix the water and liquid smoke. Pour over the chicken. Add the shoyu. Cover and bring to a boil. Stir the ingredients. Cover and boil until all the chicken has thawed. Once the chicken has thawed, reduce heat and simmer uncovered for another 2 to 2½ hours. Stir occasionally. Chicken should begin to shred near the end. Once chicken has shredded, turn off heat. Do not cook until dry, there should be liquid still in the pot.

### Notes:

- If Hawaiian salt is not available, substitute with a medium grain white sea salt.
- I used Colgin brand Natural Hickory Liquid Smoke.