

## Chicken Hamonado



### Utensil:

12" Electric Oil Core Skillet

**Rate** ★★★★★

### Recipe:

### Contributed By:

Malou Ronquillo

PPTI Sales Consultant, Philippines <http://facebook.com/manilappti>

[Write a Review](#)

2 ¼ pounds  
chicken, chopped

(1  
kg)

1 tablespoon

rock salt

(18  
g)

2 tablespoons  
ground black pepper

(13  
g)

1 cup  
brown sugar

(220  
g)

1 8-ounce  
can pineapple tidbits

(227  
g)

4 bay (laurel) leaves  
20 pieces

black pepper corn

¼ cup  
soy sauce

(60  
mL)

### Directions:

1. Preheat skillet to 350°F/180°C.
2. Season chicken with salt and pepper.
3. Place chicken in skillet; it will initially stick. Place cover on skillet, leaving it ajar to allow air to flow through the skillet and create a crispy, fried chicken. Cook for 30 minutes.
4. Discard the excess fats (melted chicken fats) and add the remaining ingredients. Cook for an additional 30 minutes.
5. Serve.

[Nutritional Information per](#)

▾ [Serving](#)

**Calories:** 283  
**Total Fat:** 4g  
**Saturated Fat:** 1g  
**Cholesterol:** 89mg  
**Sodium:** 1219mg  
**Total** 33g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 30g  
**Protein:** 28g

---