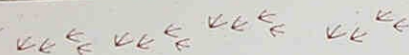


# Jawbone Trail Cookbook

North Carolina  
State Parks  
Staff, Family & Friends

POULTRY



## Huli Huli Chicken

4 to 6 chicken halves  
(or 1 large whole chicken)  
1/2 cup chicken broth  
1 tablespoon Worcestershire sauce  
1 tablespoon fresh ginger

3 large cloves garlic, minced  
(or 1 tablespoon garlic powder)  
1/4 cup Aloha Shoyo (soy sauce)  
1/4 cup ketchup  
1/4 cup pineapple juice

Combine all ingredients and coat chicken and marinate for 2 hours at room temperature or 24 hours in refrigerator. When placing chicken on the grill, have skin side down (whole chicken, breast side down first) and cook for 30 minutes. Turn chicken and cook for another 20-30 minutes or until done.  
*Tips:* This is great when you go camping, grilling at the beach, or grilling at home.

Ethel Speights  
Jones Lake State Park  
Family Recipe

## Quick Chicken Dumplings

1 can biscuits  
1 can cream of chicken  
1 can of chicken of the sea chicken

You can add some chicken broth if it is not soupy enough for your taste. Bring chicken, broth and cream of chicken to a boil. Cut biscuits in quarters. Drop biscuits in and cook 10 to 15 minutes. This is great for a quick dinner after a hard day at the park.

Dwayne Parker  
North District Office, Yorkshire  
This was a low budget quick meal that I discovered in college.



POULTRY



## Roast Sticky Chicken

1 large roasting chicken  
1 cup onion  
1/2 teaspoon black pepper  
1/2 teaspoon garlic powder  
1 teaspoon thyme

1 teaspoon onion powder  
1 teaspoon cayenne  
2 teaspoon paprika  
4 teaspoon salt

Mix all spices. Clean chicken and pat dry. Rub spices on chicken and place in a Ziploc bag. Marinate in refrigerator for 24 hours. Stuff chicken with onion and bake for five hours at 250°. Baste chicken every 30 minutes.

Cindy Stevenson  
North District Office, Yorkshire



## Sweet Sour Pupu Wings

2-3 pounds chicken wings  
6 tablespoons Aloha Shoyo (soy sauce)  
1 teaspoon onion powder

1 teaspoon paprika  
1 teaspoon garlic powder

Spray some Pam on a baking pan. Mix all ingredients, except chicken wings. Dip each piece of chicken in this sauce, place on baking pan. Bake at 450° for 25 minutes per side. Serve as is or serve with warm sweet-sour sauce.

Ethel Speights  
Jones Lake State Park