

Chicken Satays

Serves 6 as an appetizer or 4 as a main dish

Southeast Asia is the birthplace of these grilled chicken skewers, which are infused with a spicy coconut milk marinade and served with a nutty sauce on the side. They make great party hors d'oeuvres or a light main course for lunch or dinner. Inexpensive bamboo skewers, usually available in supermarkets, are perfect for making individual portions. You'll need twelve skewers that are roughly 10 inches long. To prevent the bamboo from burning, soak the skewers in water for about half an hour before using them. If you don't feel like firing up the grill, the chicken can be cooked under the broiler instead.

2 tablespoons curry powder

1 tablespoon ground coriander

1 teaspoon ground cumin

1 tablespoon sugar

½ teaspoon salt

1 pound skinless, boneless chicken breasts, cut into ¾-inch wide diagonal strips

1 ½ cups unsweetened coconut milk

1 ½ tablespoons unseasoned rice vinegar

¾ cup peanut oil or canola oil

Peanut sauce (recipe follows)

1. Place the curry, coriander, cumin, sugar, and salt in a small bowl and whisk to blend. Spread the spice blend on a plate and set it aside.
2. Thread 2 or 3 chicken strips on each skewer, completely covering the bamboo, except at the handle end. Don't crowd the meat on the skewer, it will not cook evenly.
3. Dip each skewer into the spice mixture, coating the chicken all over. Place the skewers in a baking pan just large enough to hold them comfortably. Let the satays rest at room temperature to absorb the spices, about 15 minutes.
4. Whisk together the coconut milk, rice, vinegar, and oil in a small bowl. Pour this mixture over the satays and let them marinate, covered, in the refrigerator for at least 2 hours or overnight.
5. Set up a barbecue grill and preheat it to medium-high.

6. Remove the chicken skewers from the marinade, discarding the marinade. Grill the satays, turning them once, until the chicken is cooked through, 5 to 8 minutes total.
7. Arrange the skewers on a platter and serve with the Peanut Sauce on the side.

Peanut Sauce

Coconut milk adds richness to this nutty sauce, and you can control the spicy heat by adding just enough curry powder or pepper sauce to suit your taste. If you like a bit of crunchy texture, use chunky peanut butter.

Makes about 1 cup

- 1 cup unsweetened coconut milk
- 3 tablespoons chunky or smooth peanut butter
- 1 tablespoon curry powder
- 2 tablespoons sugar, or more to taste
- Red pepper sauce, such as Tabasco

Combine the coconut milk, peanut butter, curry powder, and sugar in a small saucepan and bring to simmer over low heat. Cook, stirring frequently, until the sauce thickens, about 5 minutes. Season with red pepper sauce to taste and more sugar as needed. The sauce can be refrigerated, covered, for up to 1 week.

_ Recipe from Food to Live By- The Earthbound Farm Organic Cookbook – Pages 148-151

(Goodman, Mayra – With Linda Holland and Pamela McKinstry)