

Chicken Satay with Peanut Butter Sauce

This is an **Indonesian**¹ dish.

The marinade portions will work for up to 6, allow 1 chicken breast / 2 skewers per person. This is an easy, colourful, well flavoured dish which received good ratings at home.

Ingredients

Marinade

- 50 ml dark soy sauce
- 50 ml tomato puree
- 25 ml **FAIRTRADE** olive oil
- 3 cloves garlic
- 2.5 ml ground cumin
- 1 per person chicken breasts

Sauce

- a little sunflower oil
- 1 medium onion
- 2 cloves garlic
- 200 ml water
- 50 ml dark soy sauce
- 100 ml **FAIRTRADE** peanut butter
- 50 g **FAIRTRADE** sugar
- 1 **FAIRTRADE** lemon
- 2 per person wooden satay skewers

Method

(Put the skewers into cold water to soak well ahead of the cooking of the chicken).

Marinate the chicken

Peel the garlic and crush into a bowl. Add the soy sauce, tomato puree, olive oil, ground black pepper to taste, and the ground cumin.

Stir to mix these ingredients thoroughly.

Cut the chicken into bit sized chunks and add them to the marinade.

Turn to ensure all chicken is coated, cover and put the chicken marinade in the fridge for 30 minutes or longer, up to about 4 hours.

Make the sauce

(Pre-heat the oven to Gas Mark 6 for the chicken).

Top, tail, peel and chop the onions.

Crush the garlic.

Juice the lemon and discard the skin and pips.

Heat a little sunflower oil and fry the onions and garlic until just starting to brown at the edges.

Add the water, and over a medium heat stir in the sugar until dissolved.

Add the soy sauce and peanut butter and continue to stir until the a consistent mixture is achieved.

Once the sauce starts to simmer, add the lemon juice.

Stir and the sauce is ready to use.

(The sauce can be made ahead of time and reheated).

Cook the chicken

Thread the chicken pieces onto the skewers.

¹<http://www.fairtradecookbook.org.uk/countries/indonesia.htm>

Place on a grid (to allow air flow) on a baking tray, and bake in the oven for 15 to 20 minutes at Gas Mark 6.

The chicken is cooked when the meat is white and any juices run clear.

To serve

Serve the satays hot with the sauce as a side dish.

A little green salad would also be nice.

Variation

The satays can be grilled under a medium flame or cooked on a barbecue (use barbecue forks rather than wooden skewers). Some people would expect a little chili or other hot spice either in the marinade or in the sauce.