

## Chicken Satay

You will need:

- yellow onion, tomatoes
- coconut milk
- peanuts or peanut butter
- brown sugar
- sesame oil
- vinegar
- garlic cloves
- curry powder, black pepper, MSG, chili powder or paprika

This is a spicy, peanuty barbecued kabob that makes a great appetizer or main course (depending on quantity). The sauce needs to be prepared a day ahead so that the meat can be properly marinated.

To make the satay sauce, liquefy together in a blender

- 2 T brown sugar
- 1 T vinegar
- 2 cloves garlic
- 1/2 small yellow onion
- 1 can coconut milk
- 1 T curry powder
- 1 t chili sauce
- 1 c. peanuts ( or 1/2 cup peanut butter)
- 1/4 c. sesame oil
- 1/2-1 c. water (adjust for appropriate viscosity)
- 2 T soy sauce
- dash black pepper
- dash MSG

For a nice brown-red color, add a bit of chili powder or paprika. Divide the sauce into two portions.

PORTION 1: Marinate cubed chicken breasts overnight (this quantity is enough for approximately eight chicken breasts). Thread the meat onto wooden skewers, and barbecue, using the sauce left in the bowl to baste.

PORTION 2: This will become the dipping sauce. In a small Teflon pot, heat the sauce together with

- 1-2 small yellow onion, sliced
- 2 small tomatoes, peeled and quartered

Simmer gently until the onions are soft and transparent. Cool, then blend in blender until smoother, but still with a slightly chunky texture. Serve in bowls for dipping