

Satay Sauce

Makes about 250g

Ingredients

100g roasted salted peanuts

2 tbsps olive or coconut or groundnut oil

75g finely chopped shallots

2 cloves garlic, chopped

1 tbsp soft brown sugar

1 whole chilli chopped, add more if you like!

1 tbsp soya sauce

Juice of half a lime

1 tbsp ground black pepper

1 tsp miso paste - you can use shrimp paste if you prefer

250ml water

Equipment

Chopping board & sharp knife

Food processor or blender

Medium sized heavy bottomed saucepan

Wooden spoon

- Heat the oil in the pan and once hot add the shallots. After a minute or 2 add the chopped garlic, stir well and cook over a medium heat for about 5 minutes until the mixture is beginning to turn golden brown.
- While the shallots & garlic are cooking, grind the peanuts to a coarse powder - depending on the size of your processor you may want to do this in batches. Be careful not to make butter - you want the peanuts ground but still dry and powdery rather than a smooth paste.
- Add the miso or shrimp paste to the onion mixture, stir well and cook for another 1 minute before adding the chilli, sugar, black pepper & water.
- Add the ground peanuts to the pan, turn up the heat & bring the sauce to a steady simmer, lower the heat and cook for 20 minutes, until much of the water has evaporated & the sauce has thickened.
- Remove from the heat. The sauce is best served at room temperature. Store any left overs in the fridge for up to 2 weeks.

Chilli Oil

Makes about 500g

Ingredients

500ml of peanut or other mildly flavoured oil

2 bay leaves

5 star anise

1 cinnamon stick

2 tbsps Szechuan peppercorns

1 tbsp black peppercorns

1 tbsp Timur peppercorns (add more of the others if you can't get these)

4 black cardamom pods

1 tbsp onion powder

1 tbsp garlic granules

1 cup chilli flakes

1/2 cup Korean chilli flakes (like used to make kimchi)

1 tbsp salt

Equipment

Large heavy bottomed saucepan

Heatproof bowl

Sieve

Wooden spoon

- Pour the oil into the saucepan - make sure you are using a pan large enough for there to be a good 4cm between the oil and the lip of the pan. Bring it up to 110-120c - if you don't have a thermometer you want the oil to be very gently bubbling, not smoking. The ingredients will make the oil bubble a little more when you put them in but you don't want the oil so hot that they spit & splutter.
- Carefully put all the ingredients EXCEPT the chilli oil into the hot oil, stir & cook at a steady temperature of 110-120c for an hour

- While the oil & aromatics are steeping, put the chilli into the heat proof bowl and mix together well with the salt. Gently pour the oil through the sieve over the chilli & stir well together.
- Store in an airtight container in the fridge for 6 months - if it lasts that long!

Chicken or Tofu Satay

Serves 4

Ingredients

4 chicken breasts

1 packet of firm tofu

50g shallot, finely diced

3 cloves of garlic, crushed

3 tbsps soya sauce

3 tbsps fish sauce - there are some really good vegan versions available in most supermarkets

Salt & pepper

Oil for frying

Equipment

Chopping board & sharp knife

Mixing bowl

Griddle or frying pan

- Chicken - slice the breasts into 2 cm wide strips.
- Tofu - dice into 3cm cubes.
- Mix all the other ingredients together in the mixing bowl (apart from the oil which is for cooking) and leave to marinade at room temperature for up to an hour or for longer in the fridge - you can leave them overnight.
- Heat a little oil in your griddle or frying pan and once hot add the chicken or tofu & fry until lightly coloured & crisp - you may want to do this in batches, you want the chicken or tofu to lie in one layer in the pan without being too crowded.
- Once cooked pop on a plate & cover with foil while you load up your fries.

Fries - Cook according to packet instructions

Chopped Salad

Serves 4

Ingredients

1 crisp lettuce, cut into 1 cm strips

Half a cucumber cut into thin batons about 3 cm long

1 red bell pepper cut as the cucumber

Small bunch of fresh coriander, leaves & stalks, finely chopped

A few mint leaves, finely chopped

Salt & Pepper

Extra virgin olive oil

The juice of a lime or half a lemon

Equipment

Mixing bowl

Serving spoons

- Put all the salad vegetables into the bowl with the chopped herbs. Add a couple of spoons of olive oil & the lime or lemon juice, stir well.

Assembly

Serve in individual portions.

Put the fries into a bowl, top with the salad, top that with the chicken or tofu & finish with a generous helping of satay sauce & chilli oil to taste.