



# Chicken Satay

**SOURCE:** THE TABLE COMMUNITY FOOD CENTRE

**YIELD:** 6-8 SERVINGS

## Ingredients (Marinated Chicken)

- 2 tbsp brown sugar
- ¼ cup molasses or sweet soy sauce
- ½ cup soy sauce
- 1 tbsp chopped garlic
- ½ cup fresh lemon juice
- 2 tsp turmeric powder
- 1 tsp madras curry powder
- 3 tbsp vegetable oil
- 2 lbs boneless, skinless chicken breasts, cut in strips

## Ingredients (Peanut Sauce)

- 1 cup chopped onions
- 2 tbsp minced garlic
- 4-6 tbsp red curry paste
- 3-5 tbsp lime juice
- 3 cups rich coconut milk
- 2 cups crunchy peanut butter
- Palm or brown sugar to taste
- Fish sauce to taste
- 1 cup finely chopped cilantro leaves

## Method (Marinated Chicken)

1. Combine ingredients for marinade.
2. Coat the chicken with marinade and set aside one hour or overnight.
3. Refrigerate unused marinade. (It will keep for three weeks.)
4. Skewer chicken, grill, and serve with peanut sauce.

## Method (Peanut Sauce)

1. Sauté onions and garlic in a small amount of vegetable oil until cooked but not brown.
2. Stir in curry paste and cook another two minutes.
3. Add lime juice, coconut milk, peanut butter, and blend over a low heat.
4. Add cilantro.
5. Add sugar and fish sauce to taste.
6. Add water if the sauce is too thick.



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# Chickpea Patties

**SOURCE:** NORWEST CO-OP COMMUNITY FOOD CENTRE

**YIELD:** ABOUT 12 PATTIES

## Ingredients

- 4 x 540 ml cans of chickpeas
- 1 large onion, finely diced
- 2 tbsp fresh garlic, chopped
- 1 tsp black pepper
- 1 cup breadcrumbs
- 4 eggs
- 1 tbsp salt
- 2 tbsp sesame oil
- 1 tsp kasoori mehti (see notes)
- ½ cup nutritional yeast
- ½ cup sunflower seeds
- Oil for frying onions, sunflower or cold-pressed canola
- ½ cup+ flour and/or extra egg as needed
- Chopped fresh herbs such as parsley, thyme, and/or cilantro (optional)

## Method

1. Pulse chickpeas in food processor or crush by hand so they're broken and rough.
2. Sauté onions in oil with black pepper until soft. Add garlic and continue cooking until slightly browned. Let cool.
3. Combine all ingredients except fresh herbs and flour in a large bowl. Mix thoroughly, adding flour or extra egg until it sticks together, but not so much that it gets doughy.
4. Oil a frying pan and heat to medium temperature, frying a small piece in the pan to test for texture and seasoning.
5. Adjust seasoning as needed, adding the optional fresh herbs into the mixture at this point. Mix until combined.
6. In batches of three or four, scoop the mixture with a two-ounce ice cream scoop into a well-oiled frying pan, and gently form into patties by pushing down on top with a heat-proof spatula. Cook on medium heat, watching edges for golden colour. Once golden, flip and crisp the other side.
7. Continue until mix is done. Cooked patties freeze well for future use.

## Notes

Most ingredients can be substituted with another of its kind, e.g. lentils for chickpeas, olive oil for sesame. The recipe also lends itself well to using up leftover rice, beans, oatmeal, roasted vegetables, etc. Just make sure to maintain the ratio of breadcrumbs and eggs to the remaining ingredients as they bind everything together.

Kasoori mehti are dried fenugreek leaves found in East Indian groceries, and sometime larger retailers. They have a wonderful, deep, and unique flavour that is bitter like celery, powerful like oregano, but with an almost buttery presence. A good North American substitution would be summer savory.



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# Picadillo-stuffed Sweet Potatoes

**SOURCE:** THE TABLE COMMUNITY FOOD CENTRE

**YIELD:** 4 SERVINGS

## Ingredients

- 4 sweet potatoes, washed
- 1 lb ground beef
- 1 cup chopped onion
- 1 tsp minced garlic
- ¼ cup raisins
- 1 apple, peeled, cored and chopped
- 2 medium tomatoes, chopped
- 2 tsp chopped green chilies (canned)
- Pinch of ground cloves and ground cinnamon
- Salt and pepper
- Shredded cheddar cheese
- Plain yogurt

## Method

1. Wrap sweet potatoes in foil and bake at 400°F for 50 minutes or until soft. Set aside to cool slightly.
2. Brown meat in a heavy frying pan.
3. Add onion and garlic, cook another five minutes.
4. Add raisins, apple, tomatoes, chilies, and spices.
5. Simmer, uncovered about 15 minutes.
6. Season with salt and pepper.
7. Split the sweet potatoes in half lengthwise and scoop out a few spoonfuls.
8. Mix the scooped sweet potato into the meat mixture.
9. Fill the potato shells with the mixture and top with cheese.
10. Bake another 15-30 minutes or until cheese is melted.
11. Top with a spoonful of plain yogurt and serve.



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# Magic Meatballs

**SOURCE:** THE TABLE COMMUNITY FOOD CENTRE

**YIELD:** 30 SMALL MEATBALLS

## Ingredients

- 1 lb lean ground beef
- 1 egg
- 2 tsp salt
- Pinch of ground pepper
- 1 tsp dried oregano
- 1 tsp dried thyme
- ¼ cup breadcrumbs
- 1 tbsp minced fresh parsley
- 1 large tsp minced garlic
- 1 tbsp very finely minced green onion

## Method

1. Mix all ingredients together with clean hands until mixture is completely blended.
2. Divide mixture into three equal piles.
3. Divide each pile into 10 little balls, to equal 30 total.
4. Spread on a baking sheet lined with parchment paper.
5. Bake at 375°F for 15-20 minutes or until firm.



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