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# CONNAISSÉUR

## Spicy Peanut Chicken Kebabs, Tasting Style



Makes enough for approximately 25 Tasting Party kebabs.

Here are some general tips on choosing and preparing meat, fish or seafood for shish kebabs:

- wash all meats and seafood and pat dry before skewering or placing in a basket
- if you have time marinate the meat
- soak the skewers in water for one hour before cooking, to prevent burning
- meats should be cut in 1 to 2 inch cubes for quick and even cooking
- fatty meats can be cooked at a higher temperature and lean meats will need a longer time at lower heat
- choose firm meat, fish or seafood, such as: salmon, tuna, mahi mahi and shell fish

### ingredients

**1/2 cup (1/2 jar)**

**1/2 cup**

**1 Tbsp**

**4 whole**

**2 Tbsp**

**To taste**

**To taste**

**4 whole**

**1 cup**

**1 whole**

**20 whole**

**20 whole**

**1 whole**

**1/2 cup (1/2 jar)**

#### **Peanut Sauce**

Milk - 2% or 4%

Lime juice, freshly squeezed

Chicken breasts - fresh, boneless, skinless, trimmed and cut in 1" - 2" pieces

#### **South West Blend**

Salt - preferably fleur de sel (optional)

Pepper - freshly ground (optional)

Red plums - fresh, cut into 4 pieces each

Pineapple - fresh, cut in 1" - 2" pieces

Red Onion - cut into 1" - 2" chunks

Cherry or grape tomatoes - fresh, washed, stem removed

Mushrooms - fresh, cleaned, trimmed, cut in 1" pieces

Zucchini - fresh, small, cut in 1/4" slices

#### **Peanut Sauce**

### instructions

1. Whisk together the Peanut Sauce, milk and lime juice. Toss the chicken pieces in the mixture, cover and marinate in the refrigerator for 2 hours or overnight.
2. One hour before cooking time, remove the meat from the fridge. Drain and discard the marinade.
3. Place the South West Blend on large plate or sheet of wax paper. If desired add some salt and pepper to the mixture. Dredge the chicken pieces through the herbs and spices. Using wooden

skewers, thread the meat, vegetables and fruit in an alternate arrangement. Brush the Peanut Sauce on the kebabs, including the meat, fruit and vegetables.

4. Preheat the barbecue or grill to medium high heat. Place the kebabs on the preheated grill or under a hot broiler, for approximately 8-10 minutes. Turn the kebabs often for even cooking, and continue to baste liberally with the remaining Peanut Sauce.

5. Remove the kebabs from the grill. Serve immediately.

***Tasting Party Serving Suggestion:** To create a sturdy base, place a piece of foam or water soaked floral oasis in a serving dish. Attractively insert the flat ends of the skewers into the base and allow guests to serve themselves.*