

Spicy Peanut Sauce

Prep: 15 to 20 minutes ~ **Yield:** 1 1/2 cups; 9 servings

Ingredients & Directions

- 1/2 cup crunchy or smooth roasted unhydrogenated, unsalted, unsweetened peanut butter
- 1/2 cup warm filtered water, additional tablespoon as needed
- 1 to 2 tablespoons tamari soy sauce
or 1/2 to 1 teaspoon finely ground unrefined sea salt
- 1/4 cup raw apple cider vinegar **or** lime juice
- 1/2 to 3/4 teaspoon ground chipotle (start with less)
- 3 medium garlic cloves, minced or pressed
- 1/4 cup minced, fresh scallions or cilantro
- 2 to 4 tablespoons cold water for dressing (omit for a thick dip)

1. Don't discard oil on top of new jar of peanut butter. Blend contents of jar in bowl, suribachi, or food processor until smooth. Return peanut butter to original jar, and refrigerate unused portion.
2. Combine salt or tamari, warm water, and peanut butter in blender, food processor, or suribachi. Blend until smooth. Add vinegar, chipotle, garlic, and blend again. Add 2 to 4 tablespoons cold water. Stir scallions or cilantro in by hand.
3. Pour into jar, cover, and refrigerate for at least 4 hours or until thick before serving. Use within 10 days.

Variations

- * **Sweet Peanut Sauce:** Omit chipotle, garlic, and scallions. Add 3/4 teaspoon cinnamon **or** 1 tablespoon finely minced or grated fresh ginger or ginger juice or purée, 1/8 teaspoon stevia extract powder, and 1 to 2 tablespoons honey or agave nectar. Serve over plain chicken breasts, baked sweet potatoes, squash, steamed or parboiled carrots, broccoli, or mixed vegetables.
- * **Spicy Peanut-Orange & Chipotle Sauce:** Replace warm water with orange juice. This makes a fantastic marinade and sauce for pork, shrimp, or chicken breasts (Page 271).

Nutrition

1/4 cup:

96 calories
5 g protein
4 g carbohydrate
(1 g fiber)
7 g fat
9 g calcium
96 to 192 mg sodium

Peanut butter and the rich smoky taste of chipotle create a dazzling dip for parboiled or raw crudités, a delicious dressing for steamed or parboiled vegetables, green salads, and main-course salads made with pork, shrimp, or chicken breast. I modeled this on a recipe I found years ago in *Flat Breads and Flavors* by Naomi Duguid and Jeffrey Alford.

Note: Peanut butter made in markets with do-it-yourself grinders is not dense enough for this recipe. Find a bottled brand of natural peanut butter free of added salt, sugar, hydrogenated oil, and soybeans or use homemade peanut butter (Page 407).