

Thai Skewers

Serves 4

Ingredients:

<i>1 lb boneless skinless chicken thighs</i>	<i>2 tablespoons red chili paste (if available)</i>
<i>1 lb beef (thin sliced steak or roast is best)</i>	<i>salt</i>
<i>1 lb shrimp(24-40 count / raw is best)</i>	<i>pepper</i>
<i>1 yellow or orange pepper</i>	<i>1 cup uncooked rice</i>
<i>1 orange or red pepper</i>	<i>8 6"-8" wood or metal skewers (if wood, soak in water before using)</i>
<i>1 onion</i>	
<i>peanut sauce mix (if not available, see below)</i>	
<i>1 can coconut milk</i>	

Prepare peanut sauce mix according to instructions (requires coconut milk). If red chili paste is available, whisk it into the hot peanut sauce. If peanut sauce mix is not available, substitute $\frac{3}{4}$ cup smooth peanut butter and one tablespoon of crushed garlic. Use only enough coconut milk to make a nice thick sauce. If coconut milk isn't available, substitute teriyaki sauce.

Preparing ingredients for the skewers

1. Cut chicken & beef into pieces (~1" x 1" x 1/4").
2. If shrimp are frozen, defrost them by placing them in a bowl and running warm water over them until they are no longer hard. Remove shells from shrimp if they have them.
3. Wash peppers with dish soap and rinse thoroughly. Cut out stems and then cut peppers in half lengthwise and remove seeds. Cut off the top and bottoms of the peppers (1/2"-3/4"). Cut top and bottom pieces into ~3/4" lengths. Press remaining halves flat and cut into pieces ~1" x 1".
4. Peel onion and then remove layers one at a time. Cut each layer into pieces ~1" x 1"

Assembling the skewers

1. Place pieces on skewers in the following order, repeating as necessary to fill skewer: yellow pepper, chicken, onion, beef, orange pepper, shrimp
2. Place skewers in Pyrex glass baking dish(es). Note: Pyrex baking dishes have been known to crack or shatter while under the broiler, so make sure they are not cracked or chipped before using.
3. Baste skewers heavily with peanut sauce, reserving at least enough sauce to baste skewers one time while cooking (make sure not to contaminate unused sauce with basting brush).

If you are not going to marinate the skewers overnight:

1. Heat oven to 350°
2. Make the rice (boil 2 cups of salted water, turn down heat to simmer, add rice, stir, cover, and cook for 20 minutes).

If you are going to allow the skewers to marinate in peanut sauce overnight:

1. Cover baking dish(es) and left over peanut sauce bowl with plastic wrap and refrigerate.
2. Before cooking skewers remove them and the peanut sauce from the refrigerator, remove plastic wrap, and allow to warm for ~25 minutes.
3. Heat Oven to 350°
4. While waiting for the skewers and oven to warm you should make the rice (see above).

Cooking skewers

1. Place baking dish(es) in heated oven for ~20 minutes or until beef, chicken and shrimp are almost done (if you have an instant read thermometer, chicken should get to ~140°). Don't over cook!
2. Remove skewers from the oven and set the oven to broil.
3. Brush the skewers with peanut sauce.
4. When the broiler is hot, return the skewers to the oven for ~2 minutes (don't let them burn!).

Serve the skewers with rice and the vegetable of your choice. If you have left over peanut sauce you can heat it and use it as a dipping sauce or use it with the rice or additional vegetable (broccoli and cauliflower are particularly good with the sauce).