MALAYSIAN · SAUCE

Malaysian Satay Peanut Sauce (Kuah Kacang)

70 min · Makes 22 × 2 tbsp · 112 kcal a portion · Video 8:16 · Nyonya Cooking

Vegan · Gluten-free ingredients

Made from whole toasted peanuts rather than peanut butter, with very little salt: 2 tbsp give about 110 kcal, 4 g of protein and about 3 g of added sugar.

Diet notes: Low saturated fat (1 g, 8% of the energy); DASH-friendly (30 mg sodium a serve).

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Ingredients 11 · MAKES 22 × 2 TBSP

- [ ] 11 oz **raw peanuts**
- [ ] 4 **lemongrass** stalks (bottom part only)
- [ ] 1¼ inch **galangal**
- [ ] 3 **garlic** cloves
- [ ] 8 **dried chillies**
- [ ] 2 **shallots**, sliced
- [ ] 3 tbsp **vegetable oil**
- [ ] 1⅔ cups **water**
- [ ] ¼ tsp **salt**
- [ ] 2 oz **palm sugar** (gula melaka), or white sugar
- [ ] 1 tsp **tamarind paste**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Peanut. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Toast the peanuts in a dry pan, stirring, until fragrant and lightly browned. Soak them in water, rub off as much of the skins as you can, then pulse to a coarse, grainy texture — not a paste. 1:41
2. Chop the lemongrass and blend it with the galangal, garlic and dried chillies to a paste. 2:49
3. Heat the oil over medium heat and fry the sliced shallots for about a minute until they start to colour. Add the chilli paste and fry, stirring, until fragrant and the oil starts to separate. 4:01
4. Stir in the crushed peanuts, water and salt, turn up the heat and bring to the boil, then add about half the palm sugar. 4:38
5. Simmer over low–medium heat for about 20 minutes, stirring often so it doesn't catch, until thick. Taste, add the rest of the sugar to your liking, then stir in the tamarind paste. 5:15

> **Tip** Makes about 2¾ cups (our estimate: 22 portions of 2 tbsp). Use less sugar if you prefer it less sweet. Keeps a week in the fridge or months in the freezer; reheat before serving with satay, rice or noodles.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 22 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
112 kcal 470 kJ	**3.7** g 7% of a day	**6.7** g 5.4 g net · 3.6 g sugars 2% of a day	**1.3** g 5% of a day	**8.6** g 1 g saturated 11% of a day	**30** mg 1% of a day

Energy from net carbs 19% · protein 13% · fat 68% — low carb (under 26% of the energy from carbs)

Source of (10–19%) Vitamin E 10% · Omega-3 10%

Recipe and video: Nyonya Cooking (@nyonyacooking) on YouTube — youtube.com/watch?v=R_w_zCqOIjE, published 14 December 2014. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/malaysian-satay-peanut-sauce-kuah-kacang