



SPICY SATAY. Pictured are skewers with Chicken Satay with Spicy Peanut Dipping Sauce, a Southeast Asian dish of marinated, grilled meat. The chicken satay recipe appears in *America's Test Kitchen's All Time Best Appetizers cookbook*. (Joe Keller/America's Test Kitchen via AP)

Get a handle on chicken satay with a peanut dipping sauce

By America's Test Kitchen

Any dish that comes with its own handle is bound to be an appetizer favorite, and this Southeast Asian dish of marinated, grilled meat has deep flavor to match its convenient format.

We set out to bring this dish indoors for a simple but satisfying appetizer. A marinade of brown sugar, soy sauce, ketchup, and hot sauce guaranteed moist, full-flavored meat. The intense, direct heat of the broiler approximated a grill.

Our peanut dipping sauce has sweet, tart, and spicy elements that echo the marinade for a fresh, bright finish. Covering the exposed ends of the skewers with aluminum foil protects them from burning. Freezing the chicken for 30 minutes will make it easier to slice into strips.

America's Test Kitchen provided this article to The Associated Press. More recipes, cooking tips, and ingredient and product reviews are available at <www.americastestkitchen.com>.

Chicken Satay with Spicy Peanut Dipping Sauce

Servings: 10 to 15
Start to finish: 1 hour

Skewers:

- 2 pounds boneless, skinless chicken breasts, trimmed and sliced diagonally into 1/4-inch thick strips
- 1/4 cup soy sauce
- 1/4 cup vegetable oil
- 1/4 cup packed dark brown sugar
- 1/4 cup minced fresh cilantro
- 3 tablespoons ketchup
- 2 garlic cloves, minced
- 1 teaspoon hot sauce
- 4 scallions, sliced thin
- 30 (6-inch) wooden skewers

Spicy Peanut Dipping Sauce:

- 1/2 cup peanut butter, creamy or chunky
- 1/4 cup hot water
- 3 tablespoons lime juice (2 limes)
- 2 tablespoons ketchup
- 1 tablespoon soy sauce
- 1 tablespoon packed dark brown sugar
- 1 tablespoon minced fresh cilantro
- 2 scallions, sliced thin
- 1 1/2 teaspoons hot sauce
- 1 garlic clove, minced

For the skewers: Place the chicken in a bowl. Combine soy sauce, vegetable oil, brown sugar, cilantro, ketchup, garlic, hot sauce, and scallions and pour over chicken. Refrigerate for 30 minutes to one hour.

For the spicy peanut dipping sauce: Meanwhile, whisk peanut butter and hot water together in a medium bowl. Stir in lime juice, ketchup, soy sauce, sugar, cilantro, scallions, hot sauce, and garlic. Transfer to serving bowl.

Adjust oven rack to six inches from the broiler element and heat broiler. Line broiler-pan bottom with foil and cover with slotted broiler-pan top. Weave chicken onto skewers, lay skewers on broiler-pan top, and cover skewer ends with foil. Broil until fully cooked, about eight minutes, flipping skewers halfway through broiling. Serve, passing peanut sauce separately.

To make ahead: Marinade and meat can be prepared (but not combined) and refrigerated, wrapped tightly in plastic wrap, for up to 24 hours. Sauce can be refrigerated, wrapped tightly in plastic wrap, for up to two days. Bring to room temperature, season with additional lime juice to taste, and adjust consistency with water before serving.

Nutrition information per serving: 254 calories (117 calories from fat); 13 g fat (2 g saturated, 0 g trans fats); 66 mg cholesterol; 385 mg sodium; 10 g carbohydrate; 1 g fiber; 8 g sugar; 25 g protein.

Don't chase ice cream trucks — making it at home is easy

By Elizabeth Karmel
The Associated Press

Summer is synonymous with ice cream. And I think it would be safe to say that it is a universal experience. But making ice cream at home has changed since I was a child.

When we were young, my sisters and our cousins made hand-cranked ice cream using a White Mountain Wooden Bucket Ice Cream Maker that used ice and rock salt to freeze the ice cream. My grandmother loved having her grandkids use the hand cranker. The wooden-bucket style ice-cream maker is still popular today and comes with an electric motor, and the option of the hand cranker for a nostalgic experience.

My mother used the electric motor exclusively and when she wanted to make smaller quantities of ice cream, she used the electric machines with the inserts that you leave in the freezer until you are ready to make ice cream. I've used those models, but the truth is that I never have enough room to leave the insert in the freezer for 24 or more hours, and so I rarely make ice cream.

But every summer, I still have a yearning to make my own ice cream. Since you can now buy ice cream machines that come with a compressor, I decided that this summer I was going to start making ice cream at home.

With a self-refrigerating machine, you don't have to plan in advance and remember to freeze the insert, and you can create batch after batch if you are making different flavors. The machine I chose after consulting a few ice cream experts was the Cuisinart ICE-100. It is streamlined and doesn't take up too much room on the counter. It is also very simple to operate and works like a dream.

The machine is mostly the compressor with a small bucket insert that holds and churns the ice cream, and can be removed for easy cleaning. My ice cream was ready in 45 minutes, and the timer can be set for up to 60 minutes.

Now that I had the machine, I needed a recipe. I decided to turn to my friend David Lebovitz' newly revised ice cream book, *The Perfect Scoop*. This book has something for everyone! I grew up making



Elizabeth Karmel via AP

custard ice creams with egg yolks and David has very good instructions for these. He also has a number of Philadelphia-style ice creams made without eggs, as well as frozen yogurts, gelatos, sorbets, and so much more.

But what intrigued me the most were the ice creams with a fruit component. Those he makes with a combination of sour cream and half-and-half or heavy cream. When I asked him why he used sour cream as part of the dairy component, he said, "I usually only use it with fruit because I want less cream (and less fat) as it interferes with the refreshing nature of the fruits and berries." The sour cream also contains "natural gums so it helps keep the texture of the finished ice cream better."

That explanation made perfect sense to me and it only took me a second to choose his Orange Popsicle Ice Cream. The six-ingredient recipe was easy, chock full of quality ingredients, and immediately conjured memories of summers past, ice cream trucks, and creamsicles. I couldn't wait to make it.

I zested the oranges, juiced them, and put all the ingredients in a blender to combine. It couldn't have been easier. I put the mixture in the refrigerator overnight and made the ice cream the next day. I poured the mixture in the bucket, pressed the power button, set the timer, and before I knew it, I had a softly frozen, smooth, and delicious ice cream that was reminiscent of my favorite childhood treat.

Editor's note: Elizabeth Karmel is a barbecue and Southern foods expert. She is the chef and pit master at online retailer CarolinaCueToGo.com and the author of three books, including Taming the Flame.

David Lebovitz' Orange Popsicle Ice Cream

(Adapted from *The Perfect Scoop*)

Servings: 6 (makes about 1 quart)
Start to finish: 1 hour

- 2/3 cup granulated white sugar
- Zest of 3 large oranges, zested with a microplane
- 1 1/4 cups freshly squeezed orange juice from 4-5 large oranges
- 1 cup full-fat sour cream
- 1/2 cup half-and-half
- 2 teaspoons Grand Marnier

In a blender, pulverize sugar and zest until well mixed. Add the orange juice, sour cream, half-and-half, and Grand Marnier. Blend until the sugar is completely dissolved. I use the smoothie function.

Chill the mixture in your refrigerator according to the manufacturer's instructions — most machines specify how long you need to chill the mixture. The Cuisinart ICE-100 states that you don't need to refrigerate the mixture, but I like to make the ice cream mixture the day before I make it and let the flavors chill and marry overnight in the refrigerator.

Freeze according to the manufacturer's instructions and transfer to a glass or plastic container and keep in the freezer until ready to serve.

Nutrition information per serving: 223 calories (81 calories from fat); 9 g fat (6 g saturated, 0 g trans fats); 34 mg cholesterol; 23 mg sodium; 31 g carbohydrate; 0 g fiber; 29 g sugar; 2 g protein.

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