

# WOWBUTTER®



Peanut Free



Vegan



GLUTEN FREE

## Peanut Free Bang Bang Chicken

Bang Bang Chicken is a popular Chinese dish that consists of crispy, fried chicken that is coated in a creamy and spicy sauce. The dish gets its name from the sound that the chicken makes when it's pounded or "bang banged" with a mallet or rolling pin to tenderize the meat before it's cooked.

The sauce used in the dish typically includes ingredients like peanut butter, soy sauce, vinegar, sugar, sesame oil, and chili paste or Sriracha, among others. However, in this recipe, we're replacing the peanut butter with WowButter, a peanut-free alternative. The dish is usually garnished with sliced green onions and sesame seeds and can be served hot or cold.

### Ingredients:

- 2 boneless, skinless chicken breasts
- 2 tablespoons vegetable oil
- 1/4 cup WowButter
- 1/4 cup soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons honey
- 1 tablespoon sriracha
- 1 garlic clove, minced
- 1/2 teaspoon sesame oil
- 2 green onions, sliced
- Sesame seeds, for garnish

### Instructions:

1. Preheat the oven to 375°F (190°C).
2. Cut the chicken breasts into bite-sized pieces.
3. In a large skillet, heat the vegetable oil over medium-high heat. Add the chicken and cook until browned and cooked through, about 5-7 minutes.
4. While the chicken is cooking, in a small bowl whisk together the WowButter, soy sauce, rice vinegar, honey, sriracha, minced garlic, and sesame oil until smooth.
5. Pour the sauce over the chicken and stir to coat. Cook for an additional 2-3 minutes until the sauce thickens.
6. Transfer the chicken to an oven-safe dish and bake for 10-12 minutes, until the sauce is bubbling and the chicken is crispy on the outside.
7. Garnish with sliced green onions and sesame seeds. Serve hot.

Recipe should yield about 4 servings of bang bang chicken. Enjoy your peanut-free version of this popular dish!

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## Peanut Free Maafe Stew

Maafe, also known as groundnut stew or peanut stew, is a popular West African dish that is typically made with chicken or beef and a rich, flavourful peanut sauce. The dish is believed to have originated in Senegal and is now enjoyed in many other countries in West Africa.

The stew usually contains a variety of vegetables along with onions, garlic, and a blend of spices like ginger, cinnamon, cloves, and cayenne pepper. The sauce is thickened with peanut butter, which gives it a creamy, nutty flavour that's both savoury and slightly sweet. However, in this recipe, we're replacing the peanut butter with WowButter, a peanut-free alternative. It's a hearty and satisfying dish that's perfect for a chilly evening or a special occasion.

### Ingredients:

- 1 pound boneless, skinless chicken thighs, cut into bite-sized pieces
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon each of ground cloves, ground nutmeg, cayenne pepper
- 3 cups chicken broth
- 1 cup each of diced tomatoes, diced sweet potatoes, diced carrots and green beans (trimmed)
- 1/2 cup WowButter
- Salt and pepper, to taste

### Instructions:

1. Heat the vegetable oil in a large pot or Dutch oven over medium-high heat. Add the chicken and cook until browned on all sides, about 5-7 minutes. Remove the chicken from the pot and set aside.
2. Add the onion, garlic, ginger, cinnamon, cloves, nutmeg, and cayenne pepper to the pot and cook, stirring occasionally, until the onion is soft and translucent, about 5-7 minutes.
3. Add the chicken broth, diced tomatoes, sweet potatoes, carrots, and green beans to the pot. Bring the mixture to a boil, then reduce the heat and simmer for 15-20 minutes, until the vegetables are tender.
4. In a small bowl, whisk together the WowButter with 1 cup of the cooking liquid from the pot until smooth. Pour the WowButter mixture back into the pot and stir to combine.
5. Add the browned chicken back to the pot and simmer for an additional 5-10 minutes, until the chicken is cooked through and the sauce has thickened slightly.
6. Season with salt and pepper to taste. Serve hot over cooked rice or with bread to the side.

Recipe should yield about 4-6 servings. Enjoy this peanut-free version of a classic West African dish!

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## Peanut Free Jollof Rice

Jollof rice is a popular dish in West Africa, particularly in Nigeria, Ghana and Senegal. It is a one-pot rice dish that is usually made with long-grain rice, tomatoes, onions, and a variety of spices and seasonings, including chili peppers, ginger, and garlic. It can be served with chicken, beef, or fish, and is often accompanied by a side of fried coleslaw. The dish is known for its bright red colour, which comes from the tomatoes and red pepper used in the recipe.

There are many variations and the recipe can vary depending on the region or country. In this WowButter version, peanut butter is replaced with WowButter, a peanut-free alternative. Despite the many variations, Jollof rice remains a beloved staple in West African cuisine and is enjoyed at festivals, parties, and family gatherings.

### Ingredients:

- 2 cups long grain white rice
- 2 tablespoons vegetable oil
- 1 onion and 1 red bell pepper, finely chopped
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 teaspoon each of ground ginger and ground cumin
- 1/2 teaspoon each of cayenne pepper, smoked paprika and salt
- 3 cups chicken broth or water
- 1 can (14.5 oz) diced tomatoes
- 1/2 cup WowButter

### Instructions:

1. Rinse the rice in cold water until the water runs clear, then drain and set aside.
2. Heat the oil in a large pot or Dutch oven over medium-high heat. Add the onion, red bell pepper, and garlic and cook, stirring frequently, until the onion is soft and translucent, about 5-7 minutes.
3. Stir in the tomato paste, ginger, cumin, cayenne pepper, smoked paprika, and salt and cook for an additional 1-2 minutes, until fragrant.
4. Add the rice to the pot and stir to coat with the spice mixture. Cook for 1-2 minutes, stirring constantly, until the rice is slightly toasted.
5. Pour in the chicken broth or water, diced tomatoes, and WowButter and stir to combine. Bring the mixture to a boil, then reduce the heat to low and cover the pot with a tight-fitting lid.
6. Simmer the rice for 20-25 minutes, or until the liquid has been absorbed and the rice is tender. Remove from heat and let the rice sit, covered, for 5-10 minutes.
7. Fluff the rice with a fork and serve hot with your favorite protein or side dish.

Recipe yields about 6-8 servings. Enjoy the nutty and rich flavor of WowButter in this classic West African dish!

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## Peanut Free Satay Chicken

Satay chicken is a beloved dish in Southeast Asia that is made by marinating chicken skewers in a flavorful blend of spices and grilling them to perfection. Traditionally, satay chicken is served with a peanut sauce made from ground peanuts, coconut milk, and other seasonings.

In this WowButter version the peanut butter is replaced with WowButter, a peanut-free alternative. This substitution makes the dish safe for those with peanut allergies while still providing the same creamy and nutty flavour, sure to be a hit with everyone at the table, whether they have a peanut allergy or not!

### Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into thin strips
- 1/4 cup soy sauce
- 1/4 cup brown sugar
- 2 tablespoons lime juice
- 2 tablespoons vegetable oil
- 1 tablespoon fish sauce
- 1 tablespoon grated fresh ginger
- 2 garlic cloves, minced
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/4 teaspoon cayenne pepper
- 1/2 cup WowButter
- skewers, soaked in water for at least 30 minutes

### Instructions:

1. In a large bowl, whisk together the soy sauce, brown sugar, lime juice, vegetable oil, fish sauce, ginger, garlic, cumin, coriander, and cayenne pepper.
2. Add the chicken strips to the bowl and toss to coat in the marinade. Cover the bowl with plastic wrap and marinate in the refrigerator for at least 30 minutes, or up to 4 hours.
3. Preheat a grill or grill pan to medium-high heat. Thread the chicken strips onto the skewers.
4. In a small saucepan, heat the WowButter over low heat, stirring occasionally, until it becomes smooth and runny.
5. Grill the chicken skewers for 8-10 minutes, turning occasionally, until the chicken is cooked through and has grill marks.
6. Serve the chicken skewers with the warm WowButter sauce for dipping.

Recipe yields about 4 servings. Enjoy the savory and spicy flavors of this classic Southeast Asian dish with a safe and delicious peanut-free twist!

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## WowButter Chocolate Bars

WowButter is a great peanut-free alternative to peanut butter that can be used in many recipes, including these chocolate bars.

Peanut butter itself was first patented in Canada in 1884, but it wasn't until the early 1900s that it began to gain popularity in the US. It was initially marketed as a health food, but its popularity grew as it was recognized for its delicious taste and versatility.

The concept of combining peanut butter and chocolate in a dessert dates back to at least the 1920s and gained widespread popularity in the 1930s

### Ingredients:

- 150g butter
- 200g dark chocolate (at least 60% cocoa solids) or milk chocolate (or a mixture of both)
- 250g digestive biscuits
- 200g soft light brown sugar
- 300g WowButter
- 1 tsp vanilla extract

### Instructions:

1. Melt the butter in a large pan over a low heat.
2. Snap the chocolate into squares and melt in the microwave in 30-second blasts or sit the bowl over a pan over simmering water. Make sure that the bottom of the pan does not touch the water or the chocolate may 'seize' and go really grainy and stiff.
3. Blitz the digestive biscuits and brown sugar in a blender or food processor to give fine crumbs. Tip them into the melted butter.
4. Stir in the WowButter and vanilla extract and mix together so everything is well combined.
5. Tip the mixture into the lined tin and press it down really hard with the back of the spoon. It needs to be really compact and tight.
6. Then pour over the melted chocolate, tilting the tin back and forth a bit so that the whole thing is evenly covered.
7. Pop in the freezer for 30 minutes to firm up (or the fridge for an hour).
8. Once the chocolate is set, remove it from the freezer (or fridge). Lift it out of the tin with the help of the baking parchment.

Remove the paper and then use a sharp knife to divide it into 16 squares and serve. By using WowButter, you can ensure that everyone can enjoy the same delicious food, regardless of their allergies.

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