



Sticky Soy Sunflower Sauce

By Dylan Sabuco

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- Medium mixing bowl
- Measuring cups
- Measuring spoons
- Whisk

Ingredients

Sticky Soy Sunflower Sauce

- 1/2 C sunflower butter
- 2 T vegetable oil **
- 1 T soy sauce **** (for GLUTEN/SOY ALLERGY sub coconut aminos)****
- 1 T honey
- 1/2 tsp garlic powder
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 tsp rice vinegar

1/4 tsp water, or more as needed

2 green onions

Food Allergen Substitutions

Sticky Soy Sunflower Sauce

Soy : Substitute canola oil or other nut-free oil for vegetable oil.

Gluten/Wheat/Soy: Substitute coconut aminos for soy sauce.

Instructions

Sticky Soy Sunflower Sauce

measure + whisk

Measure and whisk the following ingredients in a medium bowl: **1/2 cup sunflower butter, 2 tablespoons vegetable oil, 1 tablespoon soy sauce, 1 tablespoon honey, 1/2 teaspoon garlic powder, 1 teaspoon salt, 1/2 teaspoon black pepper**, and **1 teaspoon rice vinegar**. Add **1/4 teaspoon water** or more if the sunbutter is extra thick. Whisk until fully combined. Let's count to 10 in Indonesian while we stir: 1 satu (SAH-too), 2 dua (DOO-uh), 3 tiga (TEE-guh), 4 empat (UHM-paht), 5 lima (LEE-muh), 6 enam (UH-nahm), 7 tujuh (TOO-jooH), 8 delapan (deh-LAH-pahn), 9 sembilan (sehm-BEE-lahn), 10 sepuluh (seh-POOH-looh)

chop + sprinkle

Chop **2 green onions** into small pieces. Sprinkle the green onions over the Sticky Soy Sunflower Sauce.

dunk + devour

Serve your Sticky Soy Sunflower Sauce with the **Tasty Indonesian "Satay" Sticks**. Dunk your satay into your sticky sauce and you'll be saying "umami" (the Japanese word for "savory")! "Selamat makan" (Seh-lah-maht mah-kan) or "Bon appetit" in Indonesian!

Featured Ingredient: Sunflower Butter!

Hi! I'm Sunflower Butter!

"I'm a paste made from sunflower seeds and can be a great replacement for peanut butter!"

The first US commercial versions of sunflower butter were developed in the 1980s as an alternative to peanut butter for those with nut or peanut allergies. Those first versions were unsuccessful, resulting in a bitter-tasting product with an unpleasant texture.

In 2002, after researchers with Red River Commodities, a sunflower seed processor, and the Department of Agriculture came up with a sunflower butter that was more like peanut butter, a new commercial product, SunButter, from its subsidiary, SunGold Foods, Inc., was introduced.

If you grow sunflowers, the seeds are ready to harvest when the large flower head, the petals, and the leaves have turned yellow-brown. The seeds should also look loose and plump. Cut off the stalk about a foot below the flower and put it in a bucket or other container to catch any loose seeds. Hang your flower stalks in bunches for about 4 to 5 days to allow the seeds to dry. Remove the seeds by rubbing two heads together, rubbing the seeds with your hand or the top of the bucket, or using a stiff brush. Rinse the seeds, removing any petals or other flower material. Allow the seeds to dry overnight.

Sunflower butter has less saturated fat and more monounsaturated fat than peanut butter. Sunflower butter contains a little less protein than peanut butter.

An allergic reaction to sunflower seeds and butter is uncommon but possible. Check labels to ensure the sunflower butter brand you purchase was produced in a nut/peanut-free facility.