



DiChickO's Peri – Peri Sauce Recipes

Peri Peri Sauces can be ordered through
African Trading Company
www.africantradingco.com tel: 602.569.8156

The Peri-Peri sauces and marinades are made from the exotic African Peri-Peri pepper as the main ingredient

There are 6 flavors of Sauces, a Marinade and a Wing Sauce. What makes these products unique is the exquisite depth of flavor and versatility. You can use the sauces and marinade on chicken, meat, veggies, fish, egg dishes, make a salad dressing, dips, season a casserole, sauté shrimp, etc.....

Mild – Garlic – Lemon & Herb – Hot – Extra Hot – Habenero – Wing Sauce – Marinade



AUTHENTIC PERI-PERI GRILLED CHICKEN

Ingredients: (Serves 4)

- DiChickO's Marinade
- DiChickO's Wing Sauce
- DiChickO's Peri-Peri Sauce of Your Choice
- Chicken (1 Whole 3-4 Pound Chicken, 4 Breasts or 12 Legs/Thighs)

Marinate Chicken in Marinade from 1 hour to Overnight. Put Chicken on Heated Grill or in 360 degree oven.

During the last 10 minutes of cooking, Baste the Chicken with the Wing Sauce.

Serve with a side of Peri-Peri Sauce for dipping.

The above recipe can be used for Beef, Pork and all of your Vegetables.

EASY CREAM CHEESE APPETIZER

Ingredients:

- DiChickO's Garlic Peri-Peri Sauce
- 1 Block Cream Cheese, Softened
- Sliced Black Olives
- Crackers

Pour Garlic Peri-Peri Sauce over Cream Cheese on plate. Pour enough to completely cover the cream cheese and run down on the plate around it. Top with sliced Black Olives and serve with Crackers of your choice.

PERI-PERI SHRIMP

Ingredients: (Serves 2)

- ¾ Cup DiChickO's Lemon & Herb Peri-Peri Sauce
- 1 Pound Shrimp, peeled & de-veined
- ¼ Cup Olive Oil
- ¼ Cup Lemon Juice
- Rice, cooked (white, brown, whatever you like!)

Put Peri-Peri Sauce (Lemon & Herb) in skillet and heat over medium. Add Shrimp and Lemon Juice and sautee for 3 minutes (until shrimp is pink in color). Serve over rice.

DiChickO's PERFECT CHICKEN WINGS

As easy as 1,2,3! Just Cook, Toss and Eat!

Ingredients: (Serves 4)

- 1 Cup and 3 Tbsp. DiChickO's Wing Sauce, (in 2 separate parts)
- 1 Dozen Wings/Thighs

Marinate wings in 1 Cup of Wing Sauce for 1 hour. Grill, Bake or Fry until done. Toss in bowl with 3 Tbsp. DiChickO's wing sauce to coat.

PERI-PERI TOPPED SCRAMBLED EGGS & TOAST

Ingredients: (Serves 4)

- 8 Eggs, Whisked with Fork
- ¾ Cup Cheddar Cheese, Grated
- ½ Cup Milk
- 4 Green Onions Diced
- ½ Cup diced Ham
- Salt & Pepper to Taste
- 4 pieces of toast

Mix all ingredients (except toast) together in a bowl.

Pour into a buttered sautee pan and cook over medium heat until eggs are nice and fluffy.

Place ¼ egg mixture over each piece of toast and top with Garlic Peri-Peri Sauce.

SQUASH WITH PERI-PERI

Ingredients:

- 2 medium Delicata or Acorn squash (peeled & seeded)
- 3 tbsp. butter 2 tbsp. chopped sage
- 1 tbsp. chopped rosemary 6 tbsp. Peri-Peri Sauce of your choice
- ½ cup vegetable or chicken stock 1 cup apple juice or cider
- ½ cup water as needed salt to taste

1. Cut squash into ¾ to 1- inch pieces.
2. Sweat herbs with butter & cook for 3-5 minutes.
(‘Sweating’ is mostly a technique for vegetables, cooked in a small amount of butter over low heat. Cover the ingredients directly with a piece of foil or parchment paper, then tightly cover the pot or pan with a lid. This method allows the ingredients to soften without browning & cook in their own juices.)
3. Add Peri-Peri Sauce, squash & liquid (the amount of water needed depends on the squash, so hold back and use only to adjust consistency of the sauce).
4. Bring to a boil, turn heat down & simmer for 20-30 minutes.
5. Adjust seasoning to taste.

CALAMARI With PIRI-PIRI & FENNEL

Ingredients:

- 4 oz. Squid rings 2 tbsp. Olive oil
- 3 tbsp. Lemon & Herb Peri-Peri Sauce
- ¼ tsp. Fennel seeds 2 oz. *julienned fennel
- juice from ½ lime salt & pepper to taste

(* julienned is a style of cutting, 2 – 3 inches long & 1/8 inch thick)

1. Heat ½ the olive oil in sauce pan.
2. On high heat, quickly sear squid & fennel seeds for 30 seconds.
3. Remove squid from pan & set aside.
4. Turn heat to low & in the same pan, caramelize fennel (5-10 minutes).
5. Deglaze the pan with Peri-Peri, adjust seasoning with salt & pepper and lime juice.
6. Add squid to reheat (1-2 minutes).

SNAPPER BAKED With PIRI-PIRI & ALMONDS

For each fillet, you'll need:

- 1 tbsp. Piri-Piri Sauce of your choice
- 1 tbsp. Sliced blanched almonds
- ½ tbsp. Butter sea salt (2 pinches)

5. Season fish with sea salt and place in an oven safe dish.
 2. In another bowl, mix Peri-Peri Sauce & marmalade, pour over the fish to cover.
 3. Top with almonds, add white wine and bake at 350 degrees for 10-15 minutes.
 4. Remove fish from the dish and thicken remaining juices with ½ tbsp. Cold butter by whisking butter into the warm liquid.
 5. Adjust seasoning, place over fish & serve
- Options: fresh lime juice gives this a nice finish and add Garlic Peri-Peri sauce if you are serving a meatier fish like sword fish.

BBQ'D PERI-PERI PORK SKEWERS

Ingredients:

- Pork Tenderloin
- Fresh Lemons or Limes
- Peri-Peri Garlic Sauce
- Skewers

Slice Pork Tenderloin into ½ inch slices.

Brush each with the Peri-Peri sauce and place on a slice of fresh lemon or lime.

Secure with a skewer

BBQ on the lemon side first, then the other side until cooked (approx. 4 min. per side)

PERI-PERI SWEET POTATOES

- Sweet Potatoes (or yams if you prefer)
- Butter
- Peri-Peri Sauce of your choice

1. Preheat oven to 350 degrees.
2. Enough sweet potatoes to serve desired number of guests. These are easy to prepare. Simply pop them in the oven, cook in the oven until soft, slice open and scoop out the flesh of the potatoes, then mash them with butter and Peri-Peri sauce of your choice.

TIPS FOR DIPS:

For Your Dip Base (depending on your desires or diet) - use either sour cream, mayonnaise, yogurt, or a combination.

Then Add – your favorite Peri-Peri Sauce, Mild, Garlic, Lemon & Herb, Hot or Extra Hot or try your own combinations.

Creative options – wide open here!

Fresh herbs – parsley, chives, dill, thyme, oregano, cilantro.

Fruit – mango, lemon or lime juice, peaches.

Vegetables – chopped onions, garlic, tomatoes, peppers.

PERI-PERI GARDEN DIP

Very easy to create and play with.

Sour cream (or mix 50% mayonnaise, or yogurt), add Peri-Peri to taste. Add fresh garden herbs, such as chives, parsley, dill, green onions, a pinch of thyme or oregano. Mix and let it chill in the fridge for one hour before serving. Great for chips, or those fresh veggies out in the garden.

SPICY CHICKEN DIP

Ingredients:

- DiChickO's Marinade
- 3 Tbsp. DiChickO's Garlic Peri-Peri Sauce
- 4 Chicken Breasts, Cubed
- ½ Cup Diced Tomatoes
- ½ Cup Diced Red Onion
- ½ Cup Feta Cheese
- ½ Cup Romaine Letuce
- ½ Cup Peri-Naise (Recipe above)
- Crackers (We recommend Kashi 7 Grain)

Marinate Chicken in the Marinade for 1 hour. Sautee Chicken Breasts in skillet and add 3 Tbsp. Garlic Peri-Peri Sauce.

Add Chicken and remaining ingredients to a food processor and chop. Best when served warm.

PERI-NAISE (SPICY MAYO DIP)

Ingredients:

- 6 Tbsp. DiChickO's Marinade
- 2 Cups Mayonnaise (Hellman's or Vegenaïse is recommended)

Stir ingredients together for an amazing dip. Use more or less marinade to suit your taste! Peri-Naise can also be used on sandwiches in the place of mayonnaise, as a dip for vegetables or just keep it in your fridge and let your imagination take control.

ROCKY MOUNTAIN CITRUS SAUCE

Ingredients:

- 1 cup orange juice ¼ cup lemon juice
- ¼ bottle Peri-Peri Sauce of your choice

Cook meat (we used chicken). Take meat out of the pan & put citrus sauce in pan and simmer sauce to thicken. Once it has thickened, add the meat back in the pan and cook for about five more minutes. Serve with sauce drizzled over the meat.

PIRI-PIRI in a BLOODY MARY

- 2 ounces vodka
- juice of 1 lemon wedge
- 5 ounces V-8 juice
- A dash of Worcestershire sauce
- 3-4 dashes of Hot Peri-Peri Sauce
- Pinch of ground celery seed
- Pinch of salt
- 1 stalk celery
- 1 turn ground pepper

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Scottsdale, AZ 85254

