Chicken Peanut Satay

Serves 4

PINTEREST
Source: www.foodloverr.com

Ingredients

- 8-12 skinless chicken thighs, cut into thin strips
- 1 package wooden skewers
- 1/4 cup minced lemongrass , fresh or frozen
- 2 shallots or 1 small onion, sliced
- 3 cloves garlic
- 1-2 fresh red chilies, sliced, or 1/2 tsp. to 1 tsp. cayenne pepper, to taste
- 1 thumb-size piece galangal or ginger, thinly sliced
- 1 tsp. minced fresh turmeric or 1/2 tsp. dried turmeric
- 2 Tbsp. ground coriander
- 2 tsp. cumin
- 3 Tbsp. dark soy sauce (available at Asian food stores)
- 4 Tbsp. fish sauce
- 5-6 Tbsp. brown sugar
- 2 Tbsp. vegetable oil

Directions

1. Soak wooden skewers in water while you prepare the meat. A cake pan works well for this.
2. Cut chicken into thin strips and place in a bowl.
3. Place all marinade ingredients in a food processor or chopper. Process well.
4. Taste-test the marinade – you will taste sweet, spicy, and salty. The strongest tastes should be SWEET and SALTY in order for the finished satay to taste its best. Add more sugar or more fish sauce (in place of salt) to adjust the taste. You can also add more chili if you want it spicier.
5. Pour the marinade over the meat and stir well to combine. Allow at least 1 hour for marinating or longer (24-hours).
6. When ready to cook, thread meat onto the skewers. Tip: Fill up to 3/4 of the skewer, leaving the lower half empty so that the person grilling has a “handle” to easily turn the satay during cooking. You may cover the wood end with foil.
7. Grill the satay on your BBQ or on an indoor grill, basting the first time you time it with a little of the leftover marinade from the bottom of the bowl, OR you can broil in the oven on a broiling pan or baking sheet with the oven set to “broil” Place satay close beneath the heating element and turn the meat every 5 minutes until cooked. Depending on how thin your meat is, the satay should cook in 10 to 20 minutes.
8. Serve with Thai jasmine rice and the Easy Satay Peanut Sauce (see below) for dipping. ENJOY!

Satay Peanut Sauce

- 1 cup fresh-tasting dry roasted peanuts, unsalted
- 1/3 cup water
- 1-2 cloves garlic, minced
- 1/2 tsp. dark soy sauce
- 2 tsp. sesame oil
- 2 Tbsp. brown sugar
- 1-2 Tbsp. fish sauce
- ½ tsp. tamarind paste or ½ tbsp. lime juice
- ½ tsp. cayenne pepper or 1 tsp Thai chili sauce
- 1/3 cup coconut milk

Directions

1. Place all ingredients in a blender or food processor. Blend or process until sauce is smooth.
2. If you prefer a runnier peanut sauce, add a little more water or coconut milk.
3. Do a taste test, adding more fish sauce (or soy sauce) if not salty enough, or more cayenne if not spicy enough.
4. If too salty, add a squeeze of fresh lime juice. If you’d prefer it sweeter, add a little more sugar.