

Let's Satay!

June 22, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



Chicken satay is one of those chicken dishes you see on a takeout menus and love and probably don't think you can create it at home, but guess what you can. And the best part of this dish is the sauce, I mean it's made out of peanut butter! Super easy and delicious with just a few pantry ingredients. This version is not your traditional version, but that's ok we're using what we have, let's get cooking!

Serves: 4 Total Cook time: 45 minutes

Meat

- 8 boneless chicken thighs, cut into small inch cube pieces or leave whole to grill
- 1 package wooden skewers – if using pre-soak in water for an hour
- 2 shallots (or 1/4 onion, sliced)
- 4 cloves garlic
- 1 thumb-size ginger, thinly sliced
- 1/2 teaspoon turmeric
- 1 to 2 fresh red chiles (sliced, or 1/2 teaspoon to 1 teaspoon cayenne pepper, to taste)
- 3 tablespoons soy sauce
- 3 tablespoons fish sauce
- 2 tablespoons ground coriander
- 2 teaspoons cumin
- 2 tablespoons vegetable oil
- 6 tablespoons brown sugar (you need all of this)

The Sauce

- 1 cup smooth peanut butter (You can also use the crunchy ones)
- 1/3 cup soy sauce, low sodium
- 1 teaspoon Sriracha
- 2 limes juiced and zested
- 1-inch piece fresh ginger
- 3 cloves garlic
- 2 tablespoons sesame oil

Place the shallots, garlic, chiles, ginger, coriander, cumin, turmeric, soy sauce, brown sugar, fish sauce, and oil in a food processor or chopper to make the marinade.

Taste the marinade and make sure it should taste sweet, spicy, and salty. You can add more chile if you want it spicier. Add more fish sauce or more sugar (in place of salt) to adjust the taste.

Cut chicken into small pieces, strips or leave whole.

In a bowl and pour the marinade all over the chicken pieces. Stir well to combine and let marinate for at least 2 hours to up to 24 hours. The longer it sits the better!

When it ready, thread meat onto the pre-soaked skewers. Fill up to 3/4 of the skewer, leaving the lower half empty so that you can easily turn the satay.

Grill the satay, basting with the leftover marinade for the first time you turn it. For skewers it would take about 4-5 minutes per side, strips about 6-7 minutes per side and whole pieces about 8-10 minutes per side. For the sauce add all ingredients in blender or processor until smooth, taste and adjust if needed.

Garnish with lime and cilantro you can also serve your satay with jasmine rice or coconut rice. Follow instructions on package. Serve hot and enjoy!