



How to Make Beef Satay

Oscar · 29/09/2024



Prep Time

2 hrs 5 mins

Difficult

Medium

Servings

2 hrs 30 mins

Description

This beef satay recipe is the main coursesize version of a fabulous Thai appetizer strips of beef marinated in Asian spices skewered and grilled for a truly amazing combination of flavors With grilling season still in full swing you can never have enough new and exciting ways to enjoy beef Serve with my peanut dipping sauce

Ingredients

- - ¼ cup packed brown sugar - ¼ cup fish sauce - 4 cloves garlic
- crushed - 2 tablespoons minced onion - 2 tablespoons vegetable oil - 2 tablespoons soy sauce - 2 tablespoons ground coriander - 1 tablespoon grated fresh ginger root - 1 tablespoon ground cumin - ½ teaspoon ground turmeric - ? teaspoon cayenne pepper - 1 2-inch piece of fresh lemon grass (white part only) - 2 pounds beef top sirloin
- trimmed - 4 12-inch long metal skewers

Instructions

1. Whisk together brown sugar
2. fish sauce
3. garlic
4. onion
5. oil
6. soy sauce
7. coriander
8. ginger
9. cumin
10. turmeric
11. and cayenne pepper in a mixing bowl until smooth. Bruise lemongrass by hitting it lightly several times with the back of a large chef's knife; mince lemongrass and add to marinade. Cut beef sirloin into strips about 2 1/2-inches long and 1/8 inch-thick. Stir beef into marinade until beef is completely coated
12. about 1 minute. Cover the bowl with plastic wrap and marinate in the refrigerator for 2 to 4 hours. Preheat an outdoor grill for high heat. Lightly oil the grate. Remove beef from marinade and shake off excess marinade. Thread 1/4 of the meat onto each metal skewer. Discard remaining marinade. Arrange skewers on the preheated grill; cook until meat stops sticking to the grill
13. 1 to 2 minutes. Flip skewers and continue cooking until meat is well browned and shows grill marks
14. 2 to 2 1/2 minutes. Flip skewers once more; cook until meat is still slightly pink
15. about 2 minutes. Transfer skewers to a platter; let rest for 2 minutes before serving.