



Singapore Satay

Oscar · 29/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

8 hrs 30 mins

Description

A delicious Asian satay marinade and sauce for chicken and beef

Ingredients

- - 1 large red onion
- chopped - 2 large garlic cloves
- chopped - 3 stalks lemon grass
- chopped - ½ cup soy sauce - 1 tablespoon peanut oil - 1 tablespoon ground turmeric - 1 ½ teaspoons brown sugar - 1 teaspoon ground cumin - 1 teaspoon ground ginger - salt and black pepper to taste - 1 pound skinless
- boneless chicken breast halves - pounded thin - 12 wooden or bamboo skewers

Instructions

1. In a large nonreactive bowl
2. stir together the onion
3. garlic
4. lemon grass
5. soy sauce
6. peanut oil
7. turmeric
8. brown sugar
9. cumin
10. ginger
11. salt
12. and pepper. Reserve about 2 tablespoons of marinade in a small bowl
13. and refrigerate until cooking time. Mix the chicken breasts into the remaining marinade
14. stir to coat well
15. and marinate in refrigerator overnight. About 30 minutes before serving
16. soak the skewers in water. Preheat an outdoor grill for high heat
17. and lightly oil the grate. Remove the chicken breasts from the bowl
18. and discard the used marinade. Cut each chicken breast on the diagonal into 6 long strips
19. and thread a chicken strip onto one of the soaked skewers. Grill the skewers
20. turning frequently and basting with the reserved marinade
21. until the chicken is cooked through with brown
22. crispy edges
23. 5 to 8 minutes per skewer. Cook's Note For beef
24. slice meat into thin slices and tenderize with a fork. Trim away any fat and gristle. Marinate
25. slice
26. and thread onto skewers as for chicken. Make extra marinade
27. reduce in a saucepan over high heat for about 5 minutes
28. and strain to make a dipping sauce for the satay.