

Thai Satay Chicken

January 3rd, 2019

This recipe serves: 4

Prep Time: 24:00

Cook Time: 00:15

This traditional Thai dish makes a great appetizer to go with nearly any oriental dish or as a stand-alone meal. Although the title of this recipe calls for Chicken, this sauce works just as well for beef. In order to use Beef for this recipe, trim the fat and slice the beef thinly. Otherwise, follow the recipe exactly the same.

Ingredients:

1 pound boneless skinless Chicken Breasts

Marinade:

5 Cloves minced Garlic

2 Ounces minced Ginger

1 Tablespoon Fish Sauce

1 Tablespoon Light Brown or Turbino Sugar

3 Tablespoons Soy Sauce

1/2 Teaspoon Turmeric

1/2 Teaspoon Ground Cumin

Dipping Sauce:

1 can Coconut Milk

1 Tablespoons Red or Green Thai Curry, depending on taste

3 Tablespoons Peanut Butter (Creamy or Crunchy, depending on taste)

1 Ounce Cilantro - finely chopped

1/2 Lime, juiced (1 Tablespoons or 1/2 fluid ounce)

1 Tablespoon Coconut Oil or Olive Oil

Directions:

24 to 48 Hours Before Mealtime: Marinate the Chicken

Slice the Chicken into thin slices, each slice should be about 1 inch wide, 1/8 inch thick and 3 or 4 inches long. Ensure that you cut with the grain.

Add the Chicken and the marinade to a 1 gallon zip-top bag. Seal and marinate in the refrigerator for 24 to 48 hours.

1 Hour Before Mealtime: Prepare the Dipping Sauce

Heat a small sauce pan

Add Oil

Add the Thai Curry and heat for 30 seconds until it becomes fragrant

Mix in coconut milk and stir.

Add and mix the Peanut Butter

Heat to a simmer and reduce for about 20 minutes.

Mix with Cilantro and Lime Juice.

Simmer for another minute.

Remove the sauce and allow to cool.

Cook the Chicken

In a large pan, brown the chicken. Rotate as needed to cook all sides. Cover and simmer until fully cooked (5 to 10 minutes)

Serve over rice, noodles, or as an appetizer.