

Grilling It the Satay Way

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Recipes are just guidelines for the chef; yet there are certain techniques that yield specific results and should neither be eliminated nor changed. For instance, marinating the meat in the sugar mixture is critical as it cures the meat creating a chewy-tender texture that browns to a deep golden hue over the open flames. Also, the actual cooking implement design is often what makes the final items look and taste authentic.

Satay grills of Malaysia are 4 – 6-inches across and 2 – 4 inches deep with two metal rods running lengthwise. It was created to enable the meat to be very close to high heat

source yet not have the meat touch a lot of metal – otherwise the meat will burn too quickly. The slender design of the grill enables the skewers to escape the fate of being burnt.

Good quality Satay can be created with a western style restaurant grill! First off, pre-heat the grill at the highest setting. Place a strip of foil parallel to the hottest part of the grill, then use this foil to protect the skewers from burning and turn the skewers several times to give them an even browning. Give these recipes a try; they are a sure success on your menu!



Malaysian Chicken Satay

Yield: 25 skewers

Ingredients

Lemon grass	2 stalks
trimmed and sliced thinly	
Garlic cloves	4 each
Galangal – 1/8-inch slices	3 each
Water	¼ cup
Sugar	½ cup
Kosher salt	2 tsp.
Ground turmeric	1 Tbsp.
Ground roasted peanuts	2 Tbsp.
Chicken thighs, boneless, fat on, skin-off	3 lb.
Cut into ¾-inch cubes	
10 or 12-inch skewers - soaked	25 each

Directions

1. Puree lemon grass, garlic, galangal, and water in a blender.
2. Add to chicken along with the sugar, salt, turmeric, and peanuts – mix well and marinate for 24 hrs.
3. Skewer meat and grill turning often until the marinade caramelizes well.

Peanut Sauce

Yield: 3 cups

Ingredients

Dried shrimp	6 each
Dried Red Chilies, remove stems and seeds	10 each
Peanut oil	½ cup
Shallots	2 each
Garlic cloves	5 each
Lemon grass	2 stalks
trimmed and sliced thinly	
Galangal – 1/8-inch slices	1 slice
Ground roasted peanuts	1 cup
Water	1 cup

Sugar	½ cup
Kosher salt	2 tsp.

Directions

1. Soak chiles and shrimp in warm water for 30 minutes, drain.
2. In a blender, puree the oil, shallots, garlic, lemon grass, galangal, shrimp & chilies until smooth.
3. Fry puree on until fragrant and oil begins to separate.
4. Add water and peanuts, bring to a boil; simmer for minimum of 1 hour – stirring often!
5. Add sugar and salt and simmer until desired “raw” flavor has dissipated.

Editor’s Note: We welcome Chef Robert Danhi, the “Conqueror of Discriminating Tastebuds,” as our monthly contributor to *Asian Restaurant News*. Please direct your questions and comments to Chef Danhi at Chefdanhi@aol.com. Photos by Robert Danhi.