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Recipes

Satay Chicken with Peanut Sauce and Side Pickles Serves 4 (as a starter)



Equipment list:

- Measuring cups and spoons
- 6-8 Bamboo sticks
- Chef's knife
- Chopping Board
- Garlic crusher
- Small fry pan and wooden spoon
- Mixing bowl and small bowls

Chicken Satay Ingredients:

- 250g Boneless chicken leg/thigh/breast fillet or other protein of your choosing
- 1 tsp Yellow curry powder
- 1 tsp Olive oil
- 1 cup Coconut milk
- 1 tsp Turmeric powder
- 1 tsp Fish sauce or salt
- 1 tsp Brown sugar
- 2 pinches of pepper

Peanut Sauce Ingredients:

- 1/4 cup Peanut butter (smooth or crunchy)
- 1-2 tbsp Palm sugar depending on taste (brown or white is ok to substitute)
- 1 tsp fish sauce
- 1 clove Garlic, crushed
- 1 clove Star anise
- 1 tbsp Vegetable oil
- 1 tsp Red curry paste (optional to give a bit of spice)
- 1/2 cup of water

Side Pickle Ingredients:

- 1/2 cup Rice wine vinegar
- 1/2 cup Sugar (brown or white)
- 1/2 Cucumber
- 1/2 Red/green/yellow capsicum
- 1/2 Red onion

Method:

For the Chicken Satay, slice chicken fillet across grain into long strips around 3x10cm. Stir all ingredients (except chicken) together in a bowl and then add chicken strips. Mix well and make sure all pieces are well coated (using your hands is best). Leave the chicken to marinate for at least 30 mins in the fridge and meanwhile soak the wooden skewers in cold water. After 30 mins or so thread the chicken strips onto the skewers.

Heat a grill plate or BBQ to medium high and grill the chicken for around 4 mins each side or until cooked.

For the Peanut Sauce, put a small fry pan on a low heat, add the oil, crushed garlic, star anise and red curry paste, and stir for 2 mins or so, until the mixture is heated (and you can smell the aroma). Add in the rest of the ingredients and keep stirring until well mixed. Add milk or water as needed to make the mixture smooth but not runny and continue stirring. Add more fish sauce or sugar to taste if required. For the Pickle, add equal parts vinegar and sugar and place in a bowl. Stir until sugar is dissolved. Finely chop cucumber, onion and capsicum and add to mixture.