

SUMMER SATAY KEBABS



This recipe is a great way to entertain – it's not a lot of work. The sauce can be done in advance and the meat can be skewered an hour or so before the meal as well. Satay is a typical Indonesian dish, with tender strips of meat, chicken, fish or even seafood, skewered, pan-fried and then served with an aromatic peanut butter and coconut milk sauce.

Ingredients

SERVES 6

Satay sauce

- 1 x 400 ml tin coconut milk
- 25 ml (5 tsp) Thai red curry paste or less for a milder flavour
- 15 ml (1 tbsp) honey or soft brown sugar
- 45 ml (3 tbsp) crunchy peanut butter
- 25 ml (5 tsp) lemon or lime juice

Kebabs

- 4 - 6 chicken breast fillets or
- 500 - 750 g pork fillets, cut into even strips, or
- any meat of your choice
- lemon juice, salt and pepper
- 30 ml (2 tbsp) olive or avocado oil
- kebab sticks

Method

- 1. Sauce:** Place half of the coconut milk in an AMC 20 cm Gourmet Low and bring to the boil over a medium temperature. Reduce the heat and simmer without a lid for 5 minutes to thicken the milk.
- 2.** Stir in curry paste and mix well. Simmer without a lid for another 5 - 7 minutes to develop the flavours. Add the remaining coconut milk and gently simmer for another 5 minutes.
- 3.** Add remaining ingredients, mix well to dissolve peanut butter and simmer for another 5 minutes to thicken the sauce.
- 4. Kebabs:** Meanwhile, thread meat in a zig-zag pattern onto the kebab sticks – this allows for quick and even frying. Season with lemon juice, salt and pepper.
- 5.** Heat an AMC 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red

- area. Add a thin layer of oil and pan-fry kebabs for 3 - 5 minutes on each side, or until almost cooked.
- 6.** Reduce the heat, cover with a lid and simmer for 2 - 3 minutes. Do not overcook meat, as it will become dry and tough. Keep warm and repeat with the remaining kebabs.
- 7.** Serve kebabs with sauce and a salsa of cucumber, red pepper and fresh coriander.

TIPS & VARIATIONS:

- Serve kebabs with another sauce of your choice if you don't fancy the peanut sauce. Good options are guacamole or a sweet chilli sauce.
- Serve left-over satay sauce as a dipping sauce with veggie sticks.