

Chicken Satay- Asia

Ingredients:

4 boneless/skinless chicken breasts
12 skewers
5-6 oz of good quality peanut butter
1 clove garlic, finely chopped
1 stem lemon grass, crushed
1T lime juice
2t soy sauce
6-7 oz Coconut milk/juice (200 ml)



Instructions:

Place wooden skewers in water to submerge for $\frac{1}{2}$ hour. This keeps the skewers from burning if you use the broiler or grill to cook the satay.

Using a separate bowl stir in the garlic, lemon grass, peanut butter, stir, then add lime juice, soy sauce and coconut milk until blended. Set aside.

Cut each breast lengthwise into 3 strips each. Place cut breast pieces on a wooden skewer and cover with half the sauce.

Cover with plastic wrap and place in the refrigerator for 1-2 hours.

Grill over a charcoal fire or oven broil with oven door cracked open for about 5 minutes.

Then turn over, baste with the unused sauce that was with the chicken while it was in the refrigerator. Grill or broil for another 5 minutes.

Place remaining sauce in a decorative dipping cup and Position skewers around the platter.

Serve with rice.

Yields 4 servings

