

Thai Chicken Satay with Curry



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Satay is a traditional dish that consists of marinated meat on a skewer that is grilled and then served with sauce. It originated in Indonesia, but is served in a number of different countries. Here's a delicious Thai version with curry that you can serve with peanut sauce.

This recipe includes lemon grass, which is used often in Thai cooking and gives a lemon scent and flavor to dishes.

Ingredients

- 2 pounds boneless skinless chicken
- 1 tablespoon curry
- 2 cloves crushed garlic
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon fish sauce
- 2 stalks lemon grass

This recipe makes about 12 large skewers.

Preparation

Cut the boneless chicken into 1 inch thick strips. Set aside.



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In a large bowl with an air-tight lid, add the curry, garlic, vegetable oil, soy sauce, fish sauce and lemon grass. NOTE: To prepare remove the tough outer layers to get to the softer inside. Then cut the bulb off the bottom end. Then you can cut it into thin slices. You can use a food processor or chopper to cut it more finely to ensure the flavor gets into the chicken.

Place the chicken in the mixture and allow it to marinate for 2 hours or overnight.

If you are going to use wooden skewers, make sure to soak them in water for at least 30 minutes before grilling. This will keep them from burning.



When you're ready to start cooking, preheat your grill to medium. While the grill is preheating, carefully thread the chicken onto the skewers.



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Place them on the grill, away from direct flame to prevent the marinade from burning.



Cook about 4 minutes on each side or until cooked all the way through. Serve with peanut or another favorite sauce.



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