

Satey with Peanut Sauce



eikon® e1s

03:00

This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)

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- 260 °C
- Chilled 4°C
- 1 Portion
- From Raw

Stage 1

- 01:30
- 100 %
- 0 %

Stage 2

- Turn the Skewers Over
- 01:30
 - 100 %
 - 0 %

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Ingredients

- 120 g Chicken OR Lamb OR Beef
- 20 g Galangal
- 30 g Lemon Grass
- 10 g Turmeric
- 30 g Shallots sliced
- 3 g Fennel Powder
- 3 g Cumin Powder
- 1 pinch Salt
- 30 g Palm Sugar
- 50 ml Water
- 6 pcs Wooden Skewer
- 100 g Peanuts, roasted & ground
- 20 g Lemon Grass
- 30 g Garlic
- 20 g Shallots
- 30 g Galangal
- 20 g Chilli dried, soaked in hot water
- 200 ml Water
- 1 pinch Salt
- 20 g Tamarind Juice
- 30 g Peanut Oil

1. Food Preparation

Cut the meat into small equal cubes, to fill 6 skewers. Cut galangal, lemon grass and turmeric and mix them with water in a blender. Add shallots, fennel and cumin powder, salt, palm sugar, the mixture above and the meat together in a bowl and chill it overnight. For the Peanut Sauce: Cut lemon grass, garlic, shallots and galangal, remove the seeds of the chilli and mix them with water in a blender. Heat the oil in a wok and cook the mixture until fragrant. Add peanuts, salt and tamarind juice and cook for another 10-15 minutes. Chill the sauce and keep aside. Spike the meat cubes onto the skewers and place them on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve it with the peanut sauce.