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)

PROFILE

260 °C
Chilled 4°C
1 Portion
From Raw

	Stage 1	Stage 2
		Turn the Skewers Over
	01:30	01:30
	100 %	100 %
	0 %	0 %

RECIPE

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.

Note: Information emanating from Welbilt is given after exercise of all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use. All cooking settings are guides only. Adjust cooking settings to allow for differing product weights and start temperatures. Always ensure that food save core temperature has been achieved prior to service.