

Satay – Marinades and Dips with AsianMeals®

The word ‘satay’ or ‘sate’ is well-known in all South East Asian countries. The origin of this well-marinated meat skewered on a midrib of a coconut leaf known as ‘lidi’ to locals, is disputed. However, we can find variations in presentation, style and taste of this kebab-like snack from Thailand to Malaysia to Singapore, Indonesia, Brunei Vietnam and even China.

The taste differences come from the different marinades and dip sauces used. However, practically all the dip sauces contain peanuts as part of their main ingredients. The beauty of this dish is that different types of meat can be used, from chicken, beef, mutton, venison, ostrich, to even seafood and animal intestines, to be skewered on the ‘lidi’ and thereafter barbequed over the charcoal fire to serve with the peanut dip sauce.

In Malaysia, the traditional approach is to thoroughly marinate small chunks of meat in a mildly-spiced combination of turmeric, coconut oil, mixed herbs and spiced sauces. The marinated meat is then skewered onto the ‘lidi’ and barbequed over the charcoal fire, basted with coconut oil using a modified brush from the lemongrass stalk smashed at the tip.

Today, Asianmeals provides both the marinade as well as the dip sauce for your convenience. The dish is then served with freshly-cut onions and cucumber slices complete with compressed rice cakes enclosed in special small, weaved baskets made from coconut leaves. These are called ‘ketupat’ in the Malay language, and at least six skewers of chicken or beef satay are typically employed in this entrée which is already considered a meal in itself! The guests are then required to dip every piece on the platter into the peanut sauce before they put it into their mouths to enjoy the aromatic flavours of savoury, sweet and spicy blended to delight their taste buds. Bon appetite!

