

## Thai Satay Chicken Recipe

(Gai Satay)

**THAI**food

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### Note:

These are the recommended amounts required for a meal for **four** people. Please adjust the amounts accordingly for more or less people.

### Ingredients:

**600g boneless chicken breast**  
**3-4 shallots, peeled and sliced thinly sliced**  
**1 clove garlic, peeled and smashed**  
**2 tablespoons of sugar**  
1 tablespoon of whole coriander seeds  
1 tablespoon of whole cumin seeds  
1 tablespoon of ground turmeric  
1 stalk fresh lemon grass, thinly sliced  
1/4 inch piece of fresh galangal  
1/2 tablespoon of sea salt  
20 bamboo skewers  
2 tablespoons of cooking oil  
Satay Seasoning Mix



**Preparing Time:** 15 to 30 minutes.

### Method:

1. Slice chicken into long thin slices, approximately 1/4" thick and 2" in length. Pat dry with paper towels.
2. Dry roast coriander seeds for a minute or two in a wok over medium heat to roast lightly, stirring often.
3. Grind the coriander seeds in a mortar and pestle or electric.
4. Combine all the spices with the shallot, lemon grass, galangal and garlic together in a bowl.
5. Add chicken pieces to the marinade and mix well to cover meat. Allow to marinate for at least an hour or up to overnight.
6. Before cooking, soak bamboo skewers in water for at least 10 minutes, so that they will not burn.
7. Skewer 2 to 3 pieces of chicken onto each stick. The completed sticks are then grilled, broiled or barbequed on fairly high heat (they taste best done over charcoal, as they absorb the smoke). Turn them regularly and brush them liberally with the remaining marinade. Cooking should take between 5 and 10 minutes depending on the heat of your cooker.
8. A peanut dressing accompanies these snacks. A quick and delicious substitute to the recipe below is our Satay Seasoning Mix (Peanut Sauce Mix).