Dip And Eat!!!!!

Posted on



Many cuisines have become a bridge that gaps the differences of many cultures in the world. Even though these dishes started out from one local, they have now spread throughout the world blending into many cultures. These cultures have then added their own flare to these mouthwatering delicacies, bringing them closer to their own tastes. The following recipes shared by Koluu show this, as he has given them a slight twist to make them even more scrumptious.

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Chicken Satay

Satay, which is believed to have originated from Java, Indonesia, is a dish that has marinated, skewered and grilled meat usually served with sauce. However, it is now

very popular throughout Asia, especially Southeast Asia; Thailand and Malaysia have claimed it as a part of their own delicacies.
Satay can be served with spicy peanut sauce, peanut gravy, pieces of onions, cucumber and even rice cake. Here Koluu couples Chicken Satay with a spicy peanut sauce to make it more delectable. It’s “everybody’s favourite,” he says.

Ingredients

Skinless chicken thighs,

cut into thin strips

1 packet wooden skewers

Satay Marinade:

1/4 cup lemongrass, minced

2 shallots or 1 small onion, sliced

3 cloves garlic

1-2 fresh red chillies,

sliced or 1/2 tsp to 1 tsp

cayenne pepper, to taste

1 thumb-size piece galangal or ginger, thinly sliced

1 tsp minced fresh turmeric or

1/2 tsp dried turmeric

2 tbsp ground coriander

2 tsp cumin

3 tbsp dark soy sauce

4 tbsp fish sauce

5-6 tbsp brown sugar

2 tbsp vegetable oil

Method

If using wooden skewers,

remember to soak them in water while you prepare the meat.

This is done to prevent burning.

Cut chicken into thin strips and place in a bowl. Place all the marinade ingredients in a food

processor or chopper. Process well. Taste-test the marinade – you will be able to taste a sweet, spicy and salty taste.

The strongest taste should be both SWEET and SALTY, in order for the finished Satay to taste its best. Add more sugar or more fish sauce (in place of salt) to adjust the taste. You can also add more chili if you want it to be spicier. Pour the marinade over the meat and stir well to combine. Allow at least 1 hour for marinating, or longer (up to 24 hours).

When ready to cook, thread meat onto the skewers. **Tip:** Fill up to 3/4 of the skewer, leaving the lower half empty so that the person grilling has a “handle” to easily turn the satay during cooking.

Place Satay close beneath the heating element and turn the meat every 5 minutes until cooked. Depending on how thin your meat is, it will cook in 10 to 20 minutes.

Peanut butter satay sauce

Combine 5 level tbsp of smooth peanut butter with 5 tbsp of whole milk in a medium mixing bowl.

Use a wire whisk to thoroughly incorporate the milk into the peanut butter until a smooth consistency is achieved.

Add 5 tbsp of sweet soy sauce to the peanut butter mixture. Stir it well using a

whisk or fork to combine the mixture. If the peanut satay sauce is too thick or you’re having trouble mixing, add 1/2 tsp of milk and stir again.

Add 1 tsp of fresh lime juice and 1 tbsp of granulated sugar to the sauce mixture. Stir thoroughly to combine.

Add 1/4 tsp of crushed red pepper flakes, if you want more spice, and stir well. Use the same amount of freshly ground black pepper for a less spicy sauce,

or omit the pepper all together.

Cover the bowl containing the peanut satay sauce, and allow it to sit undisturbed for 30 to 45 minutes before using. This will give the flavors a chance to meld and can make all the difference in the taste of the sauce.

Mutton Kebabs

Kebab is a dish that originated from the Middle East. However,

it is now found everywhere with different variations of meat or seafood according to the tastes and restrictions of each country.

Koluu adds garam masala powder and chili powder to increase the spice level to make it more appealing to our palate.

“Mutton has a high oil or fatty content and serving the dish hot is important to preserve the flavour and the texture it gives” added Koluu elaborating on the dish.

Ingredients

1kg minced mutton

15 cloves garlic

50g green chillies

2 tbsp garam masala powder

1/2 cup gram flour

4 medium onions

2-3 lemons

2 tsp of red chilli powder

1 tsp of turmeric powder

Salt to taste

2 tbsp fresh mint leaves

2 tbsp fresh coriander leaves

2 tbsp oil

Method

Heat oil in a pan. Add onions and sauté till golden brown. After that put the minced mutton in a big bowl.

Add other ingredients to minced mutton, excluding coriander and mint leaves and sautéed onions. Mix well.

Grind for one minute. With your hand make the mutton mixture into two inch oblong patties and skewer them on to kebab sticks of the above mixture.

Heat oil in a griddle. Add the kebabs. Cook it until it’s browned on both sides. Drain excess oil on clean absorbent paper towels. Garnish with onion and mint leaves. Serve it hot.

“Both recipes are finger foods. They are not only great for social gatherings and cocktail parties, but can also be added to the menu, anytime” says Koluu and these dishes are sure to become favourites among meat lovers.

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