

## Betty's "East Meets West" Chicken Satay



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In this video, Betty demonstrates how to make Chicken Satay. The Chicken Satay is planned to go with the Spicy Peanut Dipping Sauce that was uploaded recently.

This is my version of the lunch I ordered at Shakespeare and Company in Lexington, Kentucky last week.

### Ingredients:

- 1 pound uncooked chicken tenderloins, with excess fat removed and cut into 1-inch cubes
- 3 tablespoons soy sauce
- 1 tablespoon roasted red chili paste
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cumin
- cooking oil spray
- Spicy Peanut Dipping Sauce (recipe available in bettyskitchen)
- hoisin sauce for dipping
- ½ orange and ¼ lime for garnish
- 6 bamboo skewers

Place cubed chicken in a medium-sized bowl. In a small bowl, make a marinade by mixing 3 tablespoons soy sauce, 1 tablespoon roasted red chili paste, ¼ teaspoon ground ginger, and ¼ teaspoon ground cumin. Pour mixture over chicken cubes and work it in as well as possible. Cover coated chicken cubes with plastic wrap and marinate in the refrigerator for at least 4 hours. After chicken cubes are marinated, place cubes on bamboo skewers, dividing them equally among 6 skewers. Spray electric kitchen grill surfaces with cooking oil spray, heat to medium, and place chicken skewers on grill, closing lid. (I used a George Foreman grill.) Cook for about 10 minutes, or until chicken cubes are done. Place the 6 completed Chicken Satay skewers on a serving plate and surround by Spicy Peanut Dipping Sauce, Hoison Sauce, ½ orange for garnish, and ¼ lime for garnish. You may serve the Chicken Satay on the skewers or remove the cooked cubes to your serving dish. This is a tasty way to serve chicken and also serves as a great party food. I hope you enjoy the Chicken Satay with Spicy Peanut Dipping Sauce! Love, Betty ♥♥♥♥♥

This recipe is as seen on <http://www.myprintablecoupons.net/del...>