

Nam Jim Satay (Sweet Peanut Sauce Satay)

Type: Main Dish Serves: 8

Time to Prepare: 30 minutes

Ingredients

The Sauce...

- 1 cup of peanut butter
- Juice of 2 limes
- 1/4 cup of soy sauce
- 1/2 cup of coconut milk
- 2 tsp. of crushed red pepper
- 1/4 cup of crushed peanuts
- 2 tbsp. of brown sugar

Optional Marinade...

- 2 cups of plain soy yogurt
- 6 cloves of garlic, minced
- 1 tbsp. of turmeric
- 1 tsp. of salt

The Main Component...

- 24 oz. of prepared seitan
- Option:* 2 large sweet potatoes

Garnish...

- 1/2 cup of chopped cilantro leaves

Instructions

Light the grill.

Mix together all of the ingredients for the sauce.

Cut the seitan into long cuts.

Skewer the seitan.

Option: **P**eel the sweet potatoes.

Option: **S**team the sweet potatoes for 10 minutes.

Option: **C**ut them into thick (about 1" thick) cuts and skewer them.

Brush the grill liberally with oil.

Place each skewer on the grill and rotate them every 2 minutes, cooking them for 8-10 minutes each.

Garnish the finished satays with fresh cilantro leaves.

Optional Marinade...

Mix the marinade together.

Marinate the seitan overnight (this doesn't work nearly as well with the sweet potatoes).

Kitchen Equipment

Grill

Knife

Cutting Board

Bamboo or Metal Skewers

Mixing Bowl

Spoon

Measuring Cup

Measuring Spoon

Presentation



Traditionally, these are served on the street in Thailand, so there isn't much presentation to it. I would serve these at a party straight off the grill. However, if you want to do something nicer, put two of them on a white plate off to the side, one propped up on the other, and place a few different sauces on the other side of the plate, all garnished with freshly cut cilantro.

Time Management

This is a fairly simple recipe, so there isn't much to the time management. However, if you don't want to spend the time or work getting your grill going, you can cheat and bake these for 20 minutes on 400 degrees.

Complementary Food and Drinks

I love eating these with a glass of freshly squeezed lemon soda. It's crispness goes exquisitely well with the grilled satay and its mild sweetness is a perfect complement to the peanut sauce.

Where to Shop

All of these ingredients should be available at your local market save for the seitan. For that, you can purchase it at Sprouts, Wild Oats, Whole Foods, Central Market, or any other store that

has a decent section that caters to vegetarians. Alternatively, you can make it yourself.

How It Works

The peanut sauce is an interesting mix of peanut butter, creamy coconut, saltiness, and the sweet from the sugar and sour from the lime juice. It is a lot more potent, especially in the salty and sour department, than what is normally served at most Western restaurants. Those flavors are really going to shine when the satays hit the grill. The grill must be oiled heavily because otherwise, the peanut butter will stick too much. It will stick even with the oil, but not without it, you'd lose most of the sauce. Finally, grilling the satays gives them a wonderful smoky flavor.

Chef's Notes

It's hard to pick which satay sauce is my favorite to use, but I think the peanut butter one wins the day, so that's what I've given you here. This sauce also makes a great sauté sauce!

Nutritional Facts (individual servings in parentheses, does not include any options)

**Approximately half the sauce will be lost to the grill*

Calories 5459.3 (682.4)

Calories from Fat 1657.2 (207.1)

Fat 184.1g (23.0g)

Total Carbohydrates 347.5g (43.4g)

Dietary Fiber 63.7g (8.0g)

Sugars 50.9g (6.4g)

Protein 603.1g (75.4g)

Salt 4684mg (585.5mg)

Vitamin A 0% (0%)

Vitamin B6 72% (9%)

Vitamin C 39% (4.9%)

Calcium 19% (2.4%)

Iron 61% (7.6%)

Thiamin 19% (2.4%)

Riboflavin 20% (2.5%)

Niacin 209% (26.1%)

Folate 67% (8.4%)

Phosphorous 134% (16.8%)

Potassium 75% (9.4%)

Zinc 72% (9%)

Magnesium 142% (17.8%)

Copper 63% (7.9%)

Interesting Facts

Satays are similar to kebabs and it is most likely that the kebab inspired the satay.

Satays are popular street items throughout all of Southeast Asia.