



Sandwich Community School Grilling 101

Chicken Satay

- 3 chicken breasts
- 1 teaspoon coriander seed
- 1 teaspoon cumin seed
- 2 tablespoons light soy sauce
- 1 tablespoon fish sauce
- 1 tablespoon curry powder
- 1/4 teaspoon turmeric powder
- 6 tablespoons thick coconut cream
- 3 tablespoons palm sugar
- Bamboo skewers soaked in water for 1 hour

Open a can of coconut milk and allow it to stand until it separates slightly. Skim off (and reserve) the light milk. (This recipe uses 6 tablespoons of the thicker cream remaining in the can.)

In a dry skillet over medium-high heat, toast the coriander and cumin seeds until aromatic, cool and grind to a powder.

Cut the chicken into long thin strips. Mix the remaining ingredients together and marinate chicken, covered and refrigerated, for at least 12 hours. Remove chicken from marinade and thread lengthwise onto skewers. Cook over a preheated medium-high grill 6 to 8 minutes per side. Serve with peanut sauce.

Spicy Peanut Dipping Sauce

- 1/2 cup creamy peanut butter
- 1/4 cup hot water
- 2 tablespoons lime juice
- 2 tablespoon Asian chili sauce
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon dark brown sugar
- 1 tablespoon chopped fresh cilantro
- 1 clove garlic, minced
- 2 green onions, thinly sliced

Combine the peanut butter and water in a medium bowl. Add the remaining ingredients and stir well to incorporate. Serve at room temperature.



Sandwich Community School Grilling 101
Thai Pork Satay

- 1 pound boneless pork loin
- 1 can unsweetened coconut milk
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1 tablespoon palm sugar or brown sugar
- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- 24 (8-inch) bamboo skewers soaked in water for 1 hour

Prepare Coconut Cream: Pour 1 can unsweetened coconut milk into a tall glass. Allow to sit for at least 1 hour so the thick cream rises to the top. Skim off top liquid (the cream) and set aside. The rest is thin coconut milk.

Slice pork into 1/4-inch thick strips 3-inch long by 1-inch wide. Combine curry powder, turmeric, palm sugar, fish sauce, lime juice, and oil. Toss pork strips with marinade. Marinate for 30 minutes or longer. Thread 2 or 3 pork strips onto each skewer.

Preheat grill for medium-high direct cooking. Brush strips with thick coconut cream. Place brushed side down over hot coals for 3 to 4 minutes or until lightly charred. Turn, brush with coconut cream, and grill until cooked, another 2 to 3 minutes. Serve with peanut sauce.



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Sesame Beef Slices

2 pounds flank steak
Toasted sesame seeds

Marinade:

1/3 cup low sodium soy sauce
1/4 cup sake
4 cloves garlic, minced
2 tablespoons cornstarch

Sauce:

6 tablespoons low sodium soy sauce
1 1/2 tablespoons granulated sugar
1 teaspoon toasted sesame oil

Mix the ingredients for the marinade and set aside. Mix the ingredients for sauce together and set aside.

Cut the beef across the grain into thin slices about 1/8-thick. Put the beef in a bowl, add the marinade, and toss lightly to coat. Cover with plastic wrap, and let the beef marinate for 1 hour at room temperature, or up to 8 hours in the refrigerator.

Cook the beef strips over a medium-high grill to desired doneness, about 3 to 4 minutes per side for medium rare. Spoon sauce over the beef, sprinkle with sesame seeds, and serve.



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Jamaican Jerk Chicken

- 6 skinless, boneless chicken breast halves, cut into chunks
- 4 limes, juiced
- 1 cup water
- 2 teaspoons ground allspice
- 1/2 teaspoon ground nutmeg
- 1 teaspoon coarse kosher salt
- 1 teaspoon brown sugar
- 2 teaspoons dried thyme
- 1 teaspoon ground ginger
- 1 1/2 teaspoons ground black pepper
- 2 tablespoons vegetable oil
- 1 yellow onion, chopped (about 1 cup)
- 1/2 cup chopped green onions
- 6 cloves garlic, chopped
- 2 habanero peppers, seeded and chopped

Place chicken in a medium bowl. Cover with lime juice and water. Set aside.

In a blender or food processor, place allspice, nutmeg, salt, brown sugar, thyme, ginger, black pepper, and vegetable oil. Blend well, and then mix in onions, green onions, garlic, and habanero peppers until almost smooth.

Pour most of the blended marinade mixture into bowl with chicken, reserving a small amount to use as a basting sauce while cooking. Cover and marinate in the refrigerator for at least 2 hours.

Prepare the grill for medium heat direct cooking.

Brush grill grate with oil. Cook chicken slowly on the preheated grill. Turn frequently and basting often with remaining marinade mixture. Cook to an internal temperature of 165 degrees F., about 6 to 8 minutes per side.