

## Satay - Lance Rosen

Balinese prawn and fish satay (Satay Lilit), coconut and vegetable salad (Urab sayur), satay sauce

### Satay skewers ingredients

6 lemongrass stalks

150g prawn meat, no shell

150g white fish meat, I used coral trout

1 egg white

1 tsp Turmeric

1 tsp black pepper

1 tsp salt

¼ C Balinese or Indonesian spice paste for seafood, I use A1 brand seafood curry paste

3 lime leaf, sliced fine

### Palm sugar dressing ingredients

2 red birds eye chilli

4 tbs palm sugar

1 tsp white pepper

1 tsp salt

1tbs grapeseed oil

### Coconut and vegetable salad ingredients

100g cabbage, cut into small chunks

100g green beans, top and tailed

100g bean shoots

100g spinach, leaves and stems

½ red capsicum or 1 chilli, cut into thin strips

5 tbs coconut – shredded sweet

Coconut cream to moisten the vegetables

Palm sugar dressing (above)

Salt

Pepper

Grapeseed oil

Coriander, picked

4 Kaffir lime leaf, shredded

Crispy onions, be guided by your heart on this one

### Satay sauce ingredients

½ C Tamarind water or 4 tbs tamarind soaked in ¾ Cup hot water and pulp squeezed out

250g raw peanuts – toasted in a dry pan

3 cloves garlic, sliced fine

4 tbs palm sugar or to taste

1-4 birdseye chillies, optional

2 tbs grapeseed oil

1C coconut cream

Salt to taste

To serve ingredients

Toasted peanuts

Crispy onions

Lime wedges

Coconut cream

Satay method

Blend the prawns and fish with the paste, spices, egg white and salt

Add the sliced lime leaf

Moisten your palms with some oil

Form oblong patties and press the satay onto lemongrass “skewers”

Palm sugar dressing method

Pound the chillies and salt in a mortar and pestle

Add the palm sugar, white pepper and form a paste

Add the oil to make a wet paste

Salad method

Soften the vegetables in boiling water, drain and press out all the liquids

Add the shredded coconut, palm sugar dressing and enough coconut cream to moisten the vegetables

Add the lime leaf and coriander

Adjust the taste with salt and white pepper if required

Add a drizzle of the grapeseed oil as required

Add crispy onions to the vegetable salad just before serving

Satay sauce method

Blend the toasted peanuts and peeled garlic together or crush in a mortar and pestle

Add chilli if using (optional)

Add the palm sugar and crush with the peanuts and garlic

Heat the oil and fry peanut, garlic and palm sugar paste until light golden

Add the tamarind water, coconut cream and cook until it splits

Add salt to taste

To assemble method

Grill the satay until just done

Serve with the vegetable salad and satay sauce

Garnish with lime wedges, coconut cream drizzle, toasted peanuts & crispy onions