

Beefless Southeast-Asian Satays

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Marinating the 'Beef'

To make the marinade, toast the coriander seeds until fragrant. Finely grind them with the chili flakes and set aside. Peel and roughly chop the ginger and garlic. Finely mince the lemongrass. Add the garlic, ginger and lemongrass to a food processor and purée.

Add the peanuts and pulse a few times. Next, add the green onions and cilantro and pulse again. Add the honey, Fish-less Fish Sauce, kecap manis, lime juice, pepper and ground spices and purée. Lastly, add the non-dairy butter and vegetable stock. Pulse again and set aside while you prepare the “beef.”

Note: Soy sauce can be substituted for kecap manis if you cannot find it.

Cut the “beef” into bite-sized cubes. Place into a casserole dish, add the marinade and mix. Cover and let marinate in the refrigerator for a minimum of 20 minutes, preferably longer. The longer they marinate, the stronger the flavor. Soak the wooden skewers in cold water.

Step 1: Marinating the 'Beef'

- 2 tsp coriander seeds
- 1/2 tsp dried chili flakes
- 2 tbsp fresh ginger
- 2 cloves garlic
- 2 tsp lemongrass
- 1/2 cup roasted Spanish peanuts
- 1/3 cup green onions, roughly chopped
- 1/3 cup fresh cilantro, roughly chopped
- 2 tbsp honey or agave
- 2 tsp Fish-less Fish Sauce
- 1/4 cup kecap manis (Indonesian sweet soy sauce)
- 2 tbsp fresh lime juice (or lemon juice)
- 1/2 tsp freshly-ground black pepper
- 1/4 cup melted non-dairy butter, such as Earth Balance
- 1/2 cup vegetable stock
- 1 1/2 lb Gardein Beefless Tips

Making the Peanut Sauce

For the peanut sauce, roughly chop the macadamia nuts. Using a medium-size fry pan, toast the nuts over medium-low heat until golden. Set aside. Using the same pan, toast the coriander and cumin seeds until fragrant. Grind the coriander, cumin and chili flakes until quite fine. Set aside.

Dice the onion and shallot. Add the oil to the pan and sauté over medium heat for 3 or 4 minutes or until golden. Add the spices and coconut cream and let cook for a few more minutes. Add the coconut milk, palm sugar, kecap manis, salt and pepper. Cook for another few minutes before setting aside to cool slightly.

Meanwhile, pulse the nuts a few times. Add the above sauce and blend to combine. This peanut sauce is best served at room temperature.

Step 2: Making the Peanut Sauce

- 1/8 cup macadamia nuts (or candlenuts)
- 1/4 cup roasted Spanish peanuts
- 1/2 tsp coriander seeds
- 1/4 tsp cumin seeds
- 1/2 tsp dried chili flakes
- 1 tsp peanut oil (or vegetable oil)
- 1/2 medium red onion
- 1 small shallot
- 1/4 cup coconut cream
- 1/4 cup coconut milk
- 2 tbsp palm sugar (or brown sugar)
- 1 tbsp kecap manis (Indonesian sweet soy sauce)
- 1/2 tsp sea salt, or to taste
- 1/4 tsp freshly-ground black pepper
- 15 wooden skewers

Skewering & Baking the Satays

To cook the satays, preheat your oven to 400°F (205°C). Place 3 or 4 pieces of “beef” onto each skewer and set onto a parchment-lined baking tray.

Bake for approximately 8 to 10 minutes, rotating halfway through. These satays can also be grilled. Once done, garnish with a bit of cilantro and serve with the peanut sauce.

Step 3: Skewering & Baking the Satays