INDONESIA / WILL'S GOURMET RECIPES

BALINESE SATAY LILIT: DUCK, FISH AND CHICKEN

Satay lilit is the Balinese way with a skewer: minced duck, fish or chicken mixed with grated coconut and bumbu gede, then moulded onto the stick and grilled over charcoal. Will makes all three and serves them with peanut sauce.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	1 h	20 min	1 h 20 min	Involved	Medium

INGREDIENTS

FOR THE DUCK SATAY LILIT

200 g duck meat, minced, with no fat

100 g bumbu gede, made without turmeric and with less chilli, plus extra pepper

50 g grated coconut

1/2 egg

1 tbsp coconut cream

1 tsp palm sugar, grated

A pinch of salt

FOR THE FISH SATAY LILIT

250 g snapper or any white fish fillet, minced

120 g bumbu gede (with turmeric)

50 g grated coconut

1 1/2 tbsp beaten egg

1 tbsp coconut cream

A pinch of sugar

A pinch of salt

FOR THE CHICKEN SATAY

300 g chicken thigh, cut into small cubes about the size of a thumbnail

1/2 tsp ground coriander

1/2 tsp white pepper

2 tbsp sweet soy sauce (kecap manis)

A pinch of salt

FOR THE PEANUT SAUCE

100 g roasted peanuts, fried

2 red chillies, fried

1 tbsp palm sugar, grated

2 tbsp sweet soy sauce (kecap manis)

A pinch of salt

FOR THE SAMBAL KECAP

3 shallots, sliced

2 red chillies, sliced

Juice of 1 lime

3 tbsp sweet soy sauce (kecap manis)

TO SERVE

20 to 24 bamboo skewers, soaked in water for 30 minutes

Lime wedges

METHOD

MAKE THE DUCK SATAY LILIT MIX

1. Mix the duck mince with the bumbu gede, grated coconut and egg until it holds together. Add the coconut cream, palm sugar and salt. Keep the sugar light. It should not taste sweet.

MAKE THE FISH SATAY LILIT MIX

2. Mince the snapper by chopping it with a knife until fine. Mix it with the bumbu gede, grated coconut, egg, coconut cream, sugar and salt. Chill both mixes: they mould more easily cold.

SEASON THE CHICKEN

3. Toss the chicken cubes with the coriander, white pepper, sweet soy sauce and salt. Keep the pieces small so they cook evenly.

MAKE THE SAUCES

4. Blend the fried peanuts and chillies with the palm sugar, sweet soy sauce and salt to a rough sauce. Mix the shallots, chilli, lime juice and sweet soy sauce for the sambal.

SKEWER

5. Thread the chicken tightly onto skewers. Wet your hands, take a small ball of lilit mix and mould it around the top of a soaked skewer, pressing it down. Do not use too much meat per stick or it burns halfway down and cooks unevenly. Duck is firmer and easier than fish.

GRILL

6. Grill over hot charcoal for about 5 minutes on each side, turning often, until golden and cooked through.
7. Serve with the peanut sauce, sambal kecap and lime wedges.

USEFUL SHORTCUTS FOR HOME COOKS

Soak the bamboo skewers in water first so the wood does not burn.

Keep the mix cold and your hands wet. Warm mince is hard to shape onto the stick.

Use thigh meat for the chicken. Breast dries out quickly on the grill.

No bumbu gede: buy a Balinese base paste, or blend garlic, shallot, ginger, galangal, kencur, lemongrass, chilli and a little shrimp paste. The fish needs a little turmeric.

Will cooks satay among the rice paddies in Bali. He starts with the sound he says you hear on every ceremony day, the tap of knives mincing meat for satay lilit.He makes three versions. Duck mince and snapper are each worked with bumbu gede and grated coconut, then moulded around thick skewers. The duck has no turmeric and less chilli...