WILL MEYRICK

INDONESIA / STREET FOOD TRAVELLER

SATE KAMBING (GOAT OR MUTTON SATAY)

Sate kambing is Indonesian goat or mutton satay: small cubes of meat and fat threaded onto bamboo skewers and grilled over charcoal until juicy, served with peanut sauce. The fat is what makes it.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	30 min	15 min	45 min	Easy	Medium

INGREDIENTS

FOR THE SATAY

500 g goat or mutton leg, cut into 2 cm cubes

100 g goat or mutton fat, cut into small cubes

20 bamboo skewers, soaked in water for 30 minutes

Salt, to taste

Oil, for brushing

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)

Salt, to taste

Water, to loosen

TO SERVE

Peanut sauce

METHOD

MAKE THE PEANUT SAUCE

1 Blend the peanuts and chillies with the palm sugar, sweet soy sauce and salt, adding a little water, until you have a thick, rough sauce.

SKEWER

2 Thread the meat and fat cubes onto the soaked skewers, 4 to 5 pieces on each, with a piece of fat every second cube. Season with salt.

GRILL

3 Brush the skewers with a little oil. Grill over hot charcoal for 8 to 10 minutes, turning often, until browned outside and juicy inside.

SERVE

4 Serve straight away with the peanut sauce.

USEFUL SHORTCUTS FOR HOME COOKS

Soak the skewers first so they do not burn.

Keep the pieces small and of equal size so they cook at the same speed.

No charcoal: use a very hot grill pan or the oven grill, turning the skewers often.

Will calls satay one of the oldest forms of cooking, and says Indonesians have mastered it. In the film he goes to a street stall and joins the cook, threading cubes of goat meat and fat onto bamboo skewers.The skewers go over a charcoal fire, turned often, then onto a plate with sauce. Will says the satay is juicy and...