



Tamarind Lacquered Chicken Satay

Ingredient List:

- **1 pound boneless, skinless chicken breast, cut into strips the long way**
- **As many skewers as strips of chicken, soaked in water for 1 hour.**
- **2 tablespoons fresh shallot, minced**
- **½ Serrano chile, minced**
- **Juice of ½ lime**
- **2 tablespoons fish sauce, I use Red Boat brand.**
- **2 Kaffir lime leaves, stem removed, roll and chiffonade as finely as possible (optional) You can also use cilantro as garnish if you can't find lime leaves.**
- **2 tablespoons tamarind puree for marinade and extra for lacquering (see recipe below)**

Preparation Instructions:

1. **Combine all ingredients except lime leaves and mix well to incorporate. Allow chicken to marinate for a minimum of one hour and up to two days.**

2. Weave and bob your chicken onto the skewers however you see fit. You can do the “zig-zag”, the “straight poke” or the “over-under”.
3. Place skewers on the grill being careful to keep the flame from the exposed bamboo. You can make a shield on your grill with a piece of foil if you’d like. Do this by placing a strip of foil in the area where the skewer handles are. This will block the flame from burning the sticks.
4. Turn the chicken 2-3 times and begin lacquering with tamarind puree after the first turn.
5. When the chicken has reached an internal temperature of 165°F, remove it from the grill, garnish with lime leaf chiffonade and serve!

Tamarind Puree

Ingredient List:

- ¼ cup seedless tamarind pulp
- Juice of 1 lime
- Water, as needed
- Kosher salt, to taste

Preparation Instructions:

1. Combine tamarind, lime juice and approximately 1 cup of water in your blender and let it rip! It will take a minute or two to break down the tamarind and allow the water to do it’s job. You are going for the consistency of a thin smoothie, a little looser than pancake batter.
2. Add water or tamarind as necessary to achieve the correct consistency.
3. Season with kosher salt until it is palatable as a sour/salty/slightly sweet condiment.
4. Boom!

“Keep It Paleo!”

