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Chicken satay Recipe Indonesian version



Chicken satay or we call it sate ayam, a beloved dish from Indonesia, consists of tender chunks of chicken skewered on bamboo sticks, then grilled to perfection over charcoal or a BBQ grill. The result? A crispy, browned exterior with juicy, flavorful meat inside. What truly elevates this dish is the rich, creamy peanut sauce it's served with, made from ground peanuts, garlic, red chili, sugar, salt, and water, creating a velvety, delicious sauce that perfectly complements the grilled chicken.

This dish is a popular choice in Indonesia, whether served as a main course or snack. It's also a favorite among foreign tourists visiting Indonesia. Its combination of savory, spicy, and sweet flavors makes chicken satay a truly iconic dish that

represents the heart of Indonesian cuisine.



Why This Chicken Satay Recipe is Different

While there are many variations of chicken satay recipes out there, this one stands apart as the *authentic* Indonesian version. Once you taste the peanut dipping sauce, you'll be asking yourself, "How can something so simple taste so amazing?" Or, you might find yourself reminiscing about that one time in Bali, thinking, "This tastes exactly like the chicken satay I had in Indonesia – juicy, flavorful, and absolutely delicious!" (Or maybe that's just me imagining it! ☺)

Unlike the Thai version of chicken satay, which often uses curry powder, curry paste or peanut butter for the peanut sauce, the authentic Indonesian recipe stays true to the basics. It uses only four core ingredients for the peanut sauce: fried peanuts, garlic, lime, and sweet soy sauce. Simple, yet incredibly flavorful.

What Goes into Chicken Satay skewers and the Peanut Sauce

This authentic Indonesian chicken satay recipe is easy to prepare and cook, taking only about 6 minutes on the grill. While the ingredient list might seem long, you'll be surprised at how few ingredients go into both the chicken satay and the peanut sauce.

And when the skewers hit the grill or the pan, the aroma will be absolutely mouthwatering – you'll know the dish is going to taste just as good as it smells. The result is a fantastic blend of deep, caramelized barbecue flavors, with the sweet soy sauce acting as the star ingredient. Trust me – this recipe is worth a try.



Here is how to make The Chicken Satay skewers:

Bamboo skewers

Metal skewers

Ingredients:

For the Peanut Sauce:

- 120g fried peanuts (I recommend using redskin Spanish peanuts for the best flavor)
- 1 tbsp fried garlic
- ½ cup fried onion
- 2 tbsp sweet soy sauce
- 1 lime
- 1 tsp salt
- 1 tsp white sugar (palm sugar works best)
- ¼ tsp white pepper (optional)
- 300 ml water
- 3 fresh chilies (optional, for extra heat)

For the Chicken Marinade:

- 600g chicken fillet
- 3 cloves garlic, minced
- 1 tsp cumin powder
- 1 tsp coriander powder (optional)

- 1 tsp salt or soy sauce
- 1-inch ginger root or ½ tsp ginger paste/powder (optional)
- 1 lime or 1-2 tbsp lime juice
- 5 tbsp sweet soy sauce – (it is Important to use the sweet soy sauce not regular Chinese soy sauce, because it’s going to make a completely different taste. Most Asian store carry this product, the brand normally called “ABC” Kecap Manis and *Available online*)
- ½ cup frying oil
- 1 tbsp peanut sauce paste (for extra flavor)

For Garnish/Add-ons:

- Sliced shallots
- Boiled red Thai chilies
- Ketupat (rice cake) or jasmine rice
- Kaffir lime leaves

Yield: 4-5 servings



□ credit: Vonny Irawaty

Instructions:

Step 1: Prepare the Skewers

If you’re using bamboo skewers, and cooking on a grill or over charcoal, soak them in water (room tempature or cold) for at least an hour (this helps prevent the skewers from burning on the grill). If using metal skewers, you can skip this step.

Step 2: Make the Peanut Sauce Paste

Blend the fried peanuts, fried garlic, fried onion, salt, sugar, and water until smooth. Set the paste aside.

Step 3: Prepare the Chicken

Slice the chicken into long strips, then cut into small squares. Make sure the pieces aren't too large, as this could lead to uneven cooking.

Step 4: Marinade the Chicken

In a bowl, combine minced garlic, cumin powder, coriander powder (if using), salt, ginger, lime juice, and sweet soy sauce. Add a bit of oil and mix well. Marinate the chicken pieces in this mixture for at least 30 minutes (or refrigerate overnight for more intense flavor). Once the chicken is marinated, stir in the peanut sauce paste for an extra layer of flavor.

Step 5: Skewer the Chicken

Thread the marinated chicken onto bamboo or metal skewers. I recommend 4 to 5 pieces per skewer to ensure even cooking - avoid packing too many pieces on one skewer.

Step 6: Grill the Satay

Heat your grill or pan to high heat. If using a pan, you may want to add a little butter/margarine for extra flavor. Grill the chicken skewers for about 3 minutes on each side, or until browned and cooked through.

If you like your chicken a bit darker and sweeter, brush some additional mix of sweet soy sauce, oil and lime onto the skewers during grilling.

Step 7: Prepare the Peanut Sauce

While the chicken is grilling, finish the peanut sauce by mixing lime juice and sweet soy sauce into the peanut paste. Add a bit more water if the sauce is too thick.

Step 8: Serve

Once the chicken satay is done, pour the peanut sauce over the skewers and serve!

Serving Suggestions:

- Pour the peanut sauce into a plate, add chopped fresh chilies, and place the chicken satay on top. For extra crunch, sprinkle some chopped peanuts and fried onion on top and stir them in.
- Alternatively, pile the satay skewers onto a platter, drizzle the peanut sauce over them, and sprinkle with chili flakes and fried onion.
- For a complete meal, serve the satay with jasmine rice or fried rice on the side.

Traditional Serving: In Indonesia, chicken satay is often served with ketupat (rice cakes), sambal (chili sauce), and sliced fresh shallots or fried shallots.

Check out the video to see how it's done!

Recipe Notes:

Chicken Marinade: For a simpler marinade, you can use just sweet soy sauce, lime juice, and oil, which is a common base for grilling in Indonesia. If you want extra flavor, follow the full recipe.

Chicken: I prefer using chicken thighs for the juiciest and most flavorful result, but you can also substitute with chicken breasts or tenderloins.

Skewers: In Asia, skewers tend to be shorter, which is perfect for cooking in a skillet. If using bamboo skewers, soak them for at least 10 minutes to prevent burning. If you want larger skewers, you can opt for metal ones, which are reusable.

Peanut Sauce: For the best flavor, use redskin Spanish peanuts, as this is the closest to what is traditionally used in Indonesia. While roasted skinless peanuts work as well, the flavor won't be quite the same. Avoid using peanut butter as it changes the flavor – unless, of course, you're in a pinch. If you do use peanut butter, go for natural peanut butter without additives for a more authentic taste.

Sweet Soy Sauce: This is different from regular soy sauce or dark soy sauce and is a must for this recipe. Once you try it, you'll want to keep a bottle in your pantry – it's fantastic for grilling and barbecuing.

Lime Juice: Fresh lime juice is always preferred, but if necessary, you can use bottled lime juice or substitute with vinegar, lemon juice, or rice vinegar. The taste won't be exactly the same, but it'll still work.

Leftover Ideas:

- Use leftover peanut sauce as a dressing for salads, rice, or noodles.
- It also makes a great dip for prawn crackers, veggies, dumplings, or any fried side dishes.

About Us

 Hello and Welcome to our FOOD BLOGGING, TRAVEL AND COOKING site. We are family of 4 who love to cook, travel and eat spicy foods! My name is Erwina (Er-wee-na), originally from Indonesia-Asia, husband is from England and we recently moved to America. I grew up with spicy/Indonesian food, and I want my boys to have spice tolerance. On this site we will be sharing our experience with EXOTIC FOODS, and you will see a lot of spicy foods including recipes for delicious street foods, take out & restaurant style foods that you can easily make at home, from Asian cuisines (Indonesian, Thai, Indian, Vietnamese, Korean, Chinese) to Western cuisine (American and British Foods). Welcome to our site - we're sure you'll find something delicious to make! Erwina is also A REALTOR in North Carolina, USA. Follow her: INSTAGRAM: @ErwinaAndTheboys Or @RealCoastalLife XOXO BEAN (Benoa, Erwina, Arthur, Nigel)
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