

## South West East Beef Satays



These mouthwatering appetizers are sure to please any group you may be hosting. They are a great outdoor treat, can be the main course for a lazy weekend meal, or made ahead and thrown together last minute for a satisfying, quick dinner. For an alternative to beef, try chicken or shrimp.

*Recipe by Lena McCormick*

### *ingredients*

<b>1 pound</b>	Beef tenderloin* - cut into 2-3" long strips, cut ½" wide and ¼" thick
<b>¾ cup</b>	<i>Roasted Garlic Olive Oil</i>
<b>3 Tbsp</b>	<i>South West-East Herbs</i>
<b>½ cup</b>	<i>Peanut Sauce</i>
<b>3 Tbsp</b>	Chopped cilantro for garnish
<b>20</b>	Wooden skewers - soaked in water for at least 30 minutes

### *instructions*

Combine the oil and the herbs and coat beef thoroughly. Marinate at least 2 hours, or overnight. Thread beef onto skewers that have been soaked in water for at least 30 minutes.

Place an oiled grill pan over medium heat and grill satays for 3-5 minutes per side, until nicely seared and cooked to your preference. Place on a plate, top with cilantro and serve with Kitchen Connaissanceur Peanut Sauce for dipping.

\*Although beef tenderloin is the choice cut for this dish, many other cuts can be used. Try top sirloin, strip loin, sirloin tip, fast-fry or rouladen. Keep in mind, the tougher the meat, the longer you would want to marinate them, to tenderize as much as possible.