
KITCHEN CONNAISSEUR

South West 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

1 pound	Beef tenderloin* - cut into 2-3" long strips, cut 1/2" wide and 1/4" thick
3/4 cup	<i>Roasted Garlic Olive Oil</i>
3 Tbsp	<i>South West Blend</i>
1/2 cup	<i>Peanut Sauce</i>
3 Tbsp	Chopped cilantro for garnish
20	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 Connaisseur 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.