

# Thai Pork Satay

Yield: 36 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-pork-satay-recipe>

## Ingredients:

- 36 water wood skewers, 8 inches or so each, soaked in tepid, for 30 minutes
- 6 ounces pork back fat, highly recommended but optional
- 2 pounds boneless pork loin cut into strips that are approximately 3 inches long, 1 inch wide, and 1/4 inch thick
- 5 1/2 teaspoons coriander seeds
- 1 pinch cumin seeds
- 1 teaspoon kosher salt plus extra for seasoning the skewers
- 14 grams lemongrass thinly sliced, tender parts only, from about 2 large stalks
- 14 grams galangal peeled fresh or frozen, not defrosted, thinly sliced against grain
- 14 grams turmeric root peeled fresh or frozen, not defrosted yellow, thinly sliced against grain
- 2 tablespoons granulated sugar
- 6 tablespoons sweetened condensed milk preferably Black & White or Longevity brand
- 1/2 teaspoon ground white pepper
- 1 cup unsweetened coconut milk preferably boxed

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 20 milligrams
4. Fat: 4.5 grams
5. Protein: 7 grams
6. SaturatedFat: 2 grams
7. Sodium: 95 milligrams
8. Sugar: 3 grams

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