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GENERAL ENGLISH

Sate Padang

Sate Padang is such a unique and delicious type of Indonesian satay that I had to include it in this food guide as its own. Hailing from Padang, a foodie province on Sumatra's west coast, Sate Padang seems to have a fan following among foodies – and after I ate my first plate, I totally understood why. The meat skewers, which usually contain chunks of meat, beef tongue, and offal, are first marinated in a mixture of spices, then grilled over blazing charcoal, and lastly are often served over sliced lontong, called ketupat, and then covered with thick brown gravy, and sprinkled with crispy shallots. The result of Sate Padang is not the prettiest dish you will ever see, but the taste is amazing. but this food contains too much fat which is not good if consumed in excess.