

my delicious year

Background

Introducing the My Delicious Year monthly cook-a-long

What is it?

Join in for a once a month cook-a-long. During the first week of each month I will provide you with a recipe and shopping list. The recipe will be affordably priced and of easy to moderate difficulty.

When will it take place?

The cook-a-long will take place on the [third](#) Wednesday of each month. An event will be created on the [My Delicious Year](#) Facebook page at the start of each month. Please join the group to stay up to date, and don't forget to invite your friends to join in.

Where will the cook-a-long take place?

The idea is for you to cook the recipe in the comfort of your own home. Cook the selected recipe for your family, friends, neighbours or someone special. Once you are finished cooking, take a moment and capture a photo your meal. Post your picture and comments on the [My Delicious Year](#) Facebook page or share it on Instagram using the hashtag [#cookalong](#) and tag [@mydeliciousyear](#).

Why a cook-a-long?

One of the main goals I set myself when starting out on this blogging adventure was to inspire others to cook. The idea behind the cook-a-long is to encourage you to try a new recipe each month by making it accessible to all and as simple as possible. After the cook-a-long we can then come together as a group to talk about the recipe – like a virtual book club, but for recipes.

The October cook-a-long will take place on **Wednesday 16 October**.

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Recipe

Thai chicken skewers

(October 2007, Page71)

Makes 12

This is such an easy dish to prepare. The skewers are fantastic as finger food or served as a starter on a bed of rice.

2 tbs chopped lemongrass (pale part only)
¼ cup chopped coriander leaves
1 tbs fish sauce
2 tsp sweet chilli sauce
2 tbs sesame oil
3 garlic cloves, crushed
600g skinless chicken breast fillets, cut into 2cm strips
12 wooden skewers
Lime wedges (optional), to serve

1. Combine the lemongrass, coriander, fish sauce, chilli sauce, sesame oil and garlic in a large bowl. Add the chicken and toss to coat in the marinade. Cover and refrigerate for 2 hours.
2. Soak the wooden skewers in water for 10 minutes to prevent scorching.
3. Preheat a grill plate, chargrill pan or barbeque grill to medium-high. Thread the chicken strips onto the skewers and cook for 5-10 minutes until just cooked through. Serve with lime wedges.

My Delicious Year Cook's Notes:

- Save money by keeping an eye out for price markdown's on chicken between now and when you cook.
- For an extra kick, add a squirt of your favourite hot chilli sauce.
- These will be just as tasty with chicken tenderloins or chicken thigh.

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Shopping List

For 12 skewers	
Lemongrass	
Bunch of coriander	
Fish sauce	
Sweet chilli sauce	
Sesame oil	
Garlic	
600g chicken – breast, thigh, tenderloin	
12 wooden skeweres	
whole fresh lime	