



Beef Rendang

Introduction/story.

Prep Time: 45 minutes Serves: 8
Cook Time: 120 minutes
Total Time: 165 minutes

Ingredients

- 8 tablespoons cooking oil
- 1 stalk lemongrass, bruised
- 4 green cardamon pods
- 1 kg chuck steak, diced (3 x 3 cm cubes)
- 150 ml coconut milk
- 1 tablespoon palm sugar
- 1 tablespoon tamarind juice
- 1 teaspoon salt
- 6 teaspoons desiccated coconuts (to make 'Kerisik')
- 5 kaffir lime leaves (2 leaves julienned for garnishing)

For the ground spice mix:

- 1 tablespoon fennel seeds
- 2 tablespoons coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon black peppercorns

For the spice paste:

- 10 dried chillies, soaked in boiling water for 20 mins
- 3 stalks lemongrass
- 5 cm fresh ginger
- 5 cm fresh galangal
- 5 cm fresh turmeric (or 2 teaspoons ground turmeric)
- 4 cloves garlic
- 1 teaspoon shrimp paste (belachan)
- 4 candle nuts (or cashew nuts)
- 8 shallots

Method

1. Dry roast the spices except the black peppercorns in a small pan on low heat until fragrant, then grind the seeds with the peppercorns in spice grinder to a fine powder.
2. For the 'Kerisik', toast the desiccated coconut in a small pan on low heat until light brown; then pound the coconut with a pestle and mortar till a glaze has formed.
3. Blitz all the spice paste ingredients in a food processor until medium smooth.
4. Combine the ground spice mix and the spice paste in a bowl. Heat the oil in a large saucepan and sauté the bruised lemongrass and cardamon pods for 30 sec. to infuse the oil. Add the paste & spice mixture and fry till fragrant.
5. Add the beef cubes and fry till fragrant; add the coconut milk, palm sugar, tamarind juice, salt with 150 ml water and simmer on low heat for 1 ½ hours, or until the beef is tender; it should have a thick, saucy consistency. Add salt and/or palm sugar as needed.
6. Finally, add the 'Kerisik' and Kaffir lime leaves and simmer for 2 mins. Serve with steamed rice.



Recipe Notes

Similar as for any meat stew or curry, the flavour of the cooked Rendang will improve when left in the fridge overnight and warmed up on the next day. This makes it a 2-day cooking adventure!