

Rendang Beef

Serves: 4
Preparation Time: 25 minutes
Cooking Time: 2½ to 3 hours



Ingredients

500g frozen beef shin
2 cups thick coconut cream or freshly squeezed coconut cream from 1 coconut*
½ tsp salt
1 stalk lemongrass, smashed open in a pestle & mortar
3 kaffir lime leaves (daun limau purut)
1 turmeric leaf (daun kunyit – optional)

Spice Mixture

5 candlenuts, washed and drained
3 fresh red chillies, sliced roughly
5 dried chillies, washed and soaked in hot water for 1 hour to soften
1 tsp shrimp paste (belacan)
150g shallots, peeled, sliced roughly
1 tbsp coriander powder**

Note: tbsp = tablespoon; tsp = teaspoon

Method

1. Defrost the beef in the chiller for 8 hours. Cut meat into 1 cm slices.
2. Make the spice mixture:
Pound the candlenuts till semi-fine, add fresh chillies and dried chillies and pound for 3 to 4 minutes. Add shrimp paste and shallots, and pound till the mixture is very fine. Add coriander powder.
3. Alternatively you can grind the ingredients in a food processor till you get a smooth paste.
4. Mix all ingredients in a saucepan and bring to boil. Simmer for 2½ to 3 hours till the liquid is reduced and the gravy is thick, and oil has exuded from the coconut milk and the meat is tender.
5. Remove the lemongrass and kaffir lime leaves.

* Add 2 cups water to the grated coconut and squeeze for milk – discard the pulp

** Coriander Powder: Dry fry coriander seeds in a frying pan till fragrant. Grind in a coffee grinder and sieve. Use the fine powder and discard the rest.