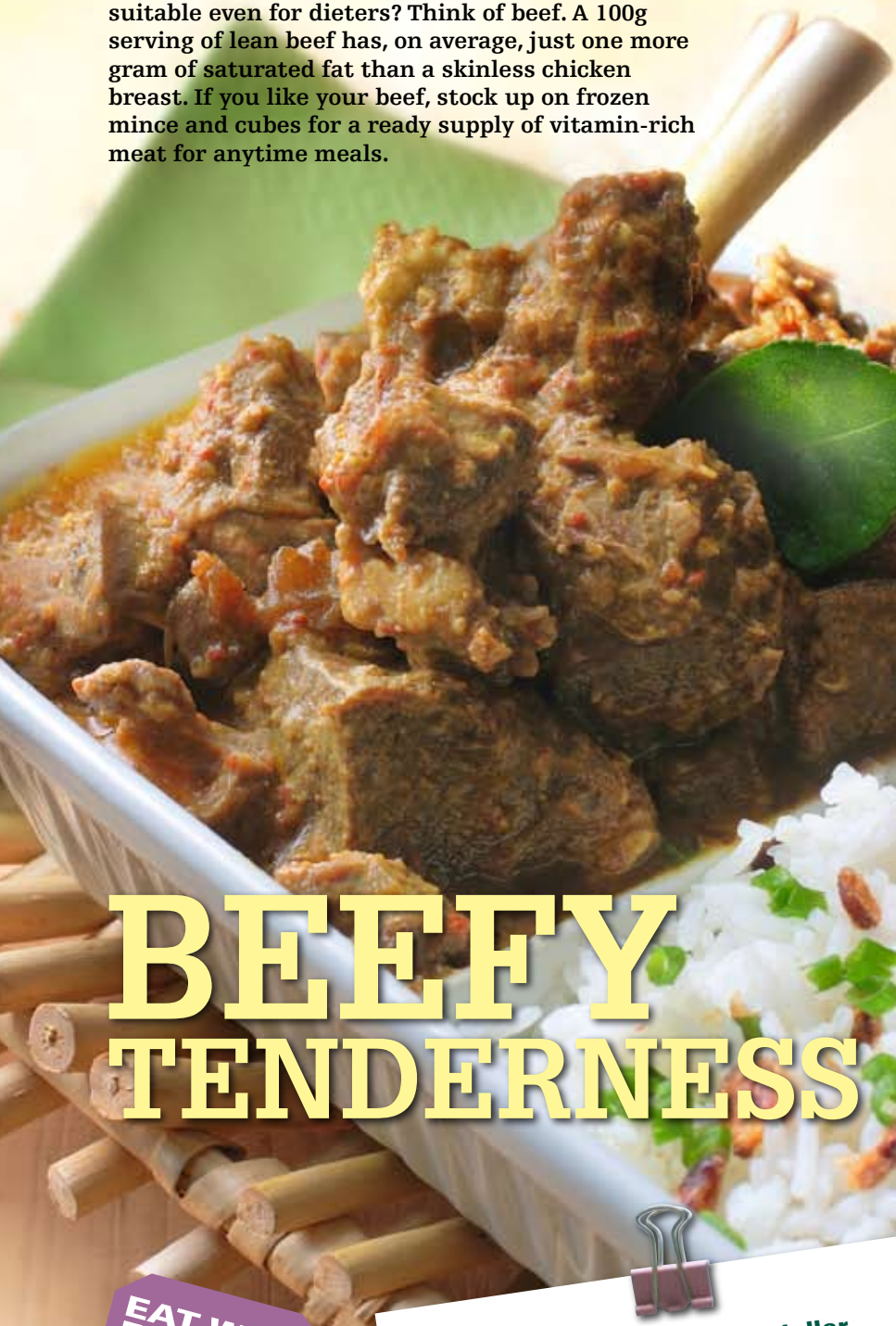


Shopping for a meat that's nutrient-rich and a good source of protein, also low in sodium and suitable even for dieters? Think of beef. A 100g serving of lean beef has, on average, just one more gram of saturated fat than a skinless chicken breast. If you like your beef, stock up on frozen mince and cubes for a ready supply of vitamin-rich meat for anytime meals.



# BEEFY TENDERNESS



### Stretch your grocery dollar

Frozen meat costs at least 15% to 20% less than chilled meat. Some cuts are even up to 50% cheaper. Freezing keeps meat at its freshest, so you can continue to enjoy the same great taste at affordable prices.

## BEEF RENDANG

Serves 4-6

- A) 1 kg frozen beef knuckle  
2 stalks lemongrass, crushed  
1 coconut, grated  
1-2 kaffir lime leaves (limau perut)  
½ turmeric leaf, optional  
1 lime  
5 tbsps cooking oil
- B) 12-15 dried chillies, seeded  
1 tsp black peppercorn  
1.5 cm knob turmeric  
1 cm knob ginger  
2 cloves garlic  
15 shallots  
2 stalks lemongrass  
6 candlenuts

### METHOD

- 1 Pound or put all (B) ingredients in a food processor, and grind finely.
- 2 Squeeze grated coconut for 1st milk, and then, add 3 cups of water to squeeze for 2nd milk.
- 3 Cut meat into 2 cm thick pieces. Squeeze lime juice over it and toss to mix well.
- 4 Heat cooking oil in a medium deep pot and fry crushed lemongrass for 2 minutes. Add spice mixture, reduce heat and stir fry until fragrant.
- 5 Increase heat, add beef, kaffir lime leaves and turmeric leaf (if using). Toss and cook until meat darkens in color.
- 6 Add 2<sup>nd</sup> coconut milk and bring to a boil. Reduce heat, cover pot and simmer for an hour. Stir occasionally (once every 15 minutes or so).
- 7 Add 1<sup>st</sup> coconut milk. Mix thoroughly. Cover pot and continue to simmer for another half hour, stirring occasionally to prevent burning.
- 8 Serve warm or at room temperature.



## BEEF FRIED RICE

Serves 4-6

- 300g frozen minced beef, thawed
- 6 bowls cooked long grain rice
- 1 large onion, coarsely chopped
- ½ cup canned green pea
- ¼ cup chopped celery
- 1 ½ tbsps dark soya sauce
- 1 tsp or slightly more, fish sauce
- ⅛ tsp salt
- ⅛ tsp coarse ground black pepper
- 2 tbsps cooking oil

### METHOD

- 1 Heat oil in wok and stir fry onion until limp.
- 2 Add minced beef, stir fry gently for a minute. Add cooked rice. Toss and mix thoroughly. Fry until rice is well mixed, about 2 minutes.
- 3 Season with fish sauce, dark soya sauce and black pepper.
- 4 Add canned green peas and chopped celery. Fry gently for a minute. Taste, and add salt if necessary.
- 5 Serve hot with sliced red chillies and light soya sauce.

### Why does frozen meat appear darker?

Other than chicken which looks the same chilled or frozen, the color of frozen beef, pork and mutton is darker than chilled meat. This is due to a lack of oxygen – frozen meat is vacuum sealed in moisture-proof packaging to keep it from going rancid and prolongs its shelf life. When exposed to oxygen, it will return to its original color. Besides the cook, no one is likely to know from taste or texture that the meat was frozen.

