

BEEF RENDANG

**Recipe by
Jessie Iriwanto**

Originating from the Minangkabau ethnic group in West Sumatra, Indonesia, Rendang has gained popularity across the globe after being named the world's most delicious food in 2011 and 2017 by CNN.

In Indonesia, rendang is usually served on special occasions to honour guests, during festive events and during the new year. The dish is incredibly rich in flavour and the meat tender. Traditionally, this dish is made with beef, but other proteins like lamb and pork work perfectly as well. The ingredients list might look super long and it does take a few hours to cook but believe me - **it is worth it!**



ingredients

For Paste:

- 6 cloves of garlic
- 6 shallots
- 2 red peppers
- 5 candlenuts
- 3 spicy Thai chillies (optional)
- 3 cm ginger
- 80 ml coconut oil



For Dry Rub:

- 2 tbsp coriander
- 2 tsp white pepper
- 2 tsp cumin
- 1/4 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp ground clove
- 1 tsp chilli powder
- 1 tsp cardamom
- 1 tsp galangal powder
- 1 tsp turmeric powder



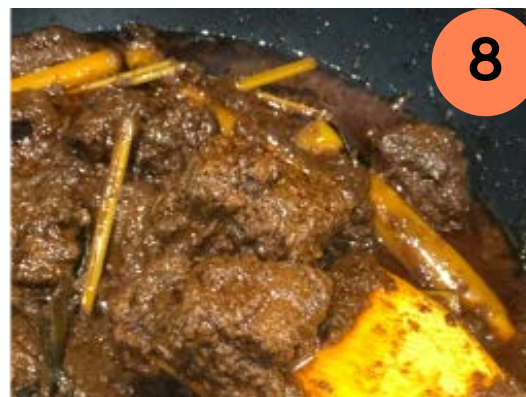
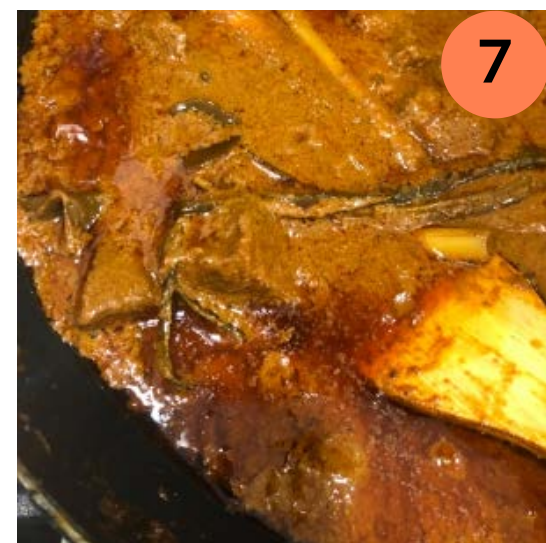
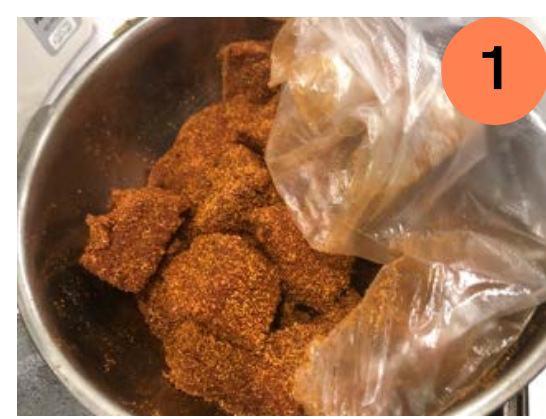
Additional items:

- 1 stick of lemongrass (divide into 3 and bruise to release fragrance)
- 2 star anise
- 5 kefir lime leaves
- 1 pandan leaf or screwpine leaf
- 3 bay leaves
- 600 gr meat of choice (beef or any type of stew meat like lamb or pork)
- 500 ml broth
- 500 ml coconut milk
- 2 tsp salt
- 2 tsp sugar



directions

1. Cut meat into 3 cm cubes and season with the dry rub ingredients. Set aside for at least one hour
2. Make the paste. Put all paste ingredients in a blender and blend until smooth and fine.
3. Pour the paste into a wok or pan and add the lemongrass, kefir leaves, pandan leaf, and bay leaves. Cook on medium heat.
4. Stir frequently and cook the paste until oil separates and seasonings are dry.
5. Pour the meat into the pan, mix and fry for about 5 minutes.
6. Add the remaining ingredients: broth, coconut milk, salt, and sugar over medium heat until it boils.
7. Turn heat to simmer and simmer for at least 2.5 hours with no lid. Stir occasionally.
8. When the paste thickens, continue stirring more frequently until the oil separates and the gravy turns into a darker colour.
9. Serve with white rice and garnish with fried shallots, sliced cucumber, and a hard-boiled egg. ENJOY! :)



tips

- Use a fatty cut of meat like beef shank, round roast, chuck roast, or marbled short ribs.
- Spicy food lover? Increase the number of chillies
- Cook bigger portions since Rendang tastes better the next day as flavours develop overnight.
- Rendang is freezer friendly. So you can heat it up in the microwave whenever you want!
- You can also mix a little bit of Rendang with fried rice or fried noodles. It will level up the flavour of those dishes.
- **Vegetarian or Vegan?** Substitute meat for potatoes, tofu, oyster mushrooms, or mock meat!



**Recipe by:
Jessie Iriwanto**

*Read Jessie's story in
the #CookWithNCC
series on
KawarthaNow.com*

*This series is produced
by the New Canadians
Centre in partnership
with KawarthaNOW.*

TRY THIS RECIPE!

Tag Us In Your Photos:

 @NCC_Ptbo
@kawarthanow

 @newcanadianscentre
@kawarthanow

 /newcanadianscentre
@kawarthanow

