



Cooking Instructions

Larder Essentials

Beef (topside/fillet) 150g-175g per person
125ml of stock per person
Salt
Jasmine Rice

Optional

Small new potatoes

Garnish

Coriander leaves,
2 red chillies

Kit Contents

Sachets of Rendang paste,
Lemon grass,
Lime leaves,
Star Anise,
Cinnamon bark,
Creamed Coconut block,
Dark soy sauce,
Desiccated coconut,
Palm sugar,
Chilli flakes.

Rendang - Beef

Introduction

This is a mild curry but you can make it as hot as you like. The weight of beef per person in the shopping list is only a guide as I tend to look at the cut steaks in my local butchers' fridge and check the weight of one I like and multiply up. If I get thick steaks or a joint, I'll cut in cubes or a thin steak I will cut into slices.

Once you have seasoned the curry according to the instructions below, the final timing for when the curry is ready just depends on when the meat is cooked to your preference. I prefer to cube the beef and tend to cook until it is really tender. If you slice the meat then it will be cooked a lot quicker.

NOTE: If you want this dish to be gluten free, do not add the Dark Soy Sauce

Preparation

1. Fold the lime leaves in half, pull out the stem, make a pile and slice thinly.
2. Cut beef into similar size cubes or slices and remove any excess fat.
3. Bruise the lemon grass with the back of a knife so it breaks the skin.
4. Make 125ml stock per person.
5. Measure out (use the packet quantity advice as a guide) and wash the rice.
6. Parboil new potatoes (if adding later) and slice in half when cooled.
7. Put a dry (no oil) frying pan on a low to medium heat and pour all the white desiccated coconut into the pan and spread evenly. Stir the coconut gently and regularly so it does not burn. Take the pan off the heat when the majority of the coconut is a brown colour and put into a small dish to cool. Do not make the pan too hot otherwise the coconut will burn very quickly.
8. Optional garnish for serving: Pick a few coriander leaves. Slice 2 fresh red chillies in half lengthways and de-seed without removing from the stalk.

Method

1. Start cooking the rice.
2. Moderately heat 4 dessert spoons of cooking oil in a pan.
3. Brown the cubes of beef in the oil in small batches and set aside.
4. Cook cinnamon bark and star anise in the oil for 5 minutes to release their aromas.
5. Add the rendang paste to the pan, stirring gently so it does not stick or burn.
6. After 2 minutes, add the meat and stir gently to coat all the pieces.
7. Add the stock, bruised lemon grass stalks, creamed coconut block, dark soy sauce and sliced lime leaves and stir until thoroughly mixed.
8. Bring to the boil for a minute then reduce heat to a simmer and cook until the stock has reduced by about 50% stirring occasionally.
9. Season for saltiness, sweetness and spice heat.
 - 9.1. Salt test. Add a pinch of salt, stir and taste. Repeat until you get a hint of saltiness.
 - 9.2. Sweet test. Add a portion of palm sugar, stir and taste. Repeat until you get a hint of sweetness.
 - 9.3. Spice test. Add some of the chilli flakes, stir and allow to simmer for 2 minutes. Taste and repeat until it reaches a mild level of heat.
10. If using parboiled potatoes, add them now.
11. If the curry gets too dry before its ready, stir in a half a cup of water (or stock). Test the beef is ready by taking out a large piece and check if its tender enough for your liking. If not, keep simmering and repeat this point.
12. When ready to serve, remove lemon grass stalks, cinnamon bark and star anise and any excess coconut oil.
13. Garnish the serving with some coriander leaves, toasted coconut and a few sliced chillies.
14. Serve with rice.