



BEEF RENDANG RECIPE

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Ingredients A

1 stick of cinnamon

2 cloves

2 cardamom

2-star anise

2 pieces of 'pandan' leaf

3 garlic, ½ inch ginger, ½ onions

3 big spoon of cooking oil



Ingredients B

- 1 kilo beef has been cut in size of 1 inch
- 3 onions (thin cut)
- 5 pieces garlic (thin cut)
- 1-inch galangal (thin cut)
- 5 stick of lemongrass (thin cut)
- 1 big spoon of curry powder
- 1 big spoon of chili powder



Ingredients C

- 2 small spoons of salt
- 2 small spoons of seasoning powder
- 1 can of coconut cream
- 2-inch 'Malacca' sugar

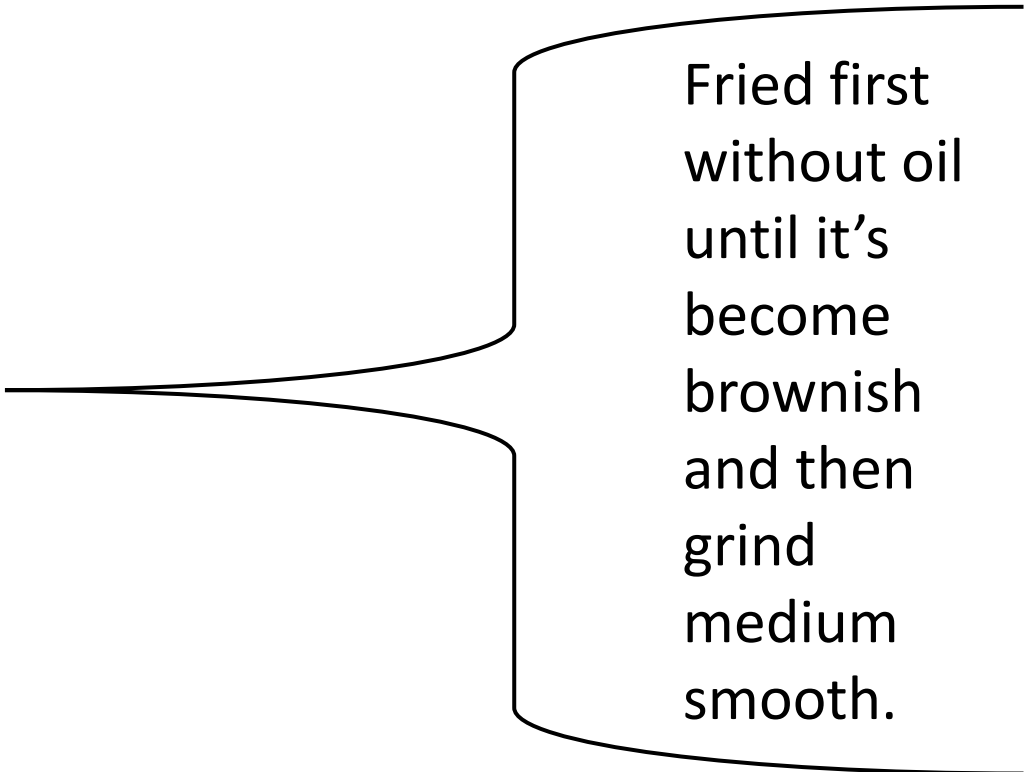
Ingredients D

- 1 cup of desiccated coconut (fried first without oil until it's become brownish then grind smoothly.)



Ingredients E

- 1 small spoon of sweet cumin
- 1 small spoon of cumin
- 1 small spoon of spices seed
- 1 small spoon of black paper



Fried first
without oil
until it's
become
brownish
and then
grind
medium
smooth.

Steps

- Ingredients A is prepared.
- Ingredients B is prepared for cut and grind.



Steps

- Put the cooking oil in the saucepan, then wait until it hot.
- After making sure the saucepan is hot, fried the ingredients A until it's turn brownish and smell good.
- Then, pour the ingredients B into that saucepan.



Steps

- Wait for about 45 minutes for the ingredients in the saucepan to be boiled and the beef to become soft. At this time make sure the heat is on medium level and the saucepan needs to be covered with a lid.
- After the beef is soft, pour the ingredients C and stir well. Wait for 15 minutes to dry. Then close the heat.



Steps

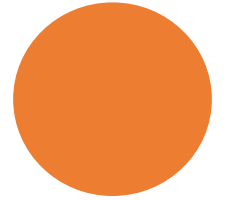
- After that, pour the ingredients in box D followed up with box E. Stir well.
- This dish will take about 1 hour to perfectly cooked.

Rendang is piece of meat most commonly beef that has been slow cooked and braised in a coconut milk and spice mixture well until the liquid evaporate and the meat turn dark brown.

Final Look

- Rendang is best to enjoy it with 'Pulut Kuning' (yellow sticky rice)
- 'Nasi Minyak' (oil rice)
- Paratha bread
- Bread

***"Well done! Ready to eat.
Enjoy your food!"***



Why did I choose this recipe?

- Rendang is one of the specific signature dish of Malaysian Culture.
- It is traditionally served at ceremonial occasions to honors guests during festive events such as wedding, feast and Eid.
- Rendang was officially regonised as being national dishes in Malaysia.
- The last time I cooked and eat this rendang are during last Eid.



Where you can purchase the ingredients

- Sahar Market in Shepparton
- Asian Food in Shepparton
- Woolworths
- Coles