INDONESIAN · DINNER

Beef Rendang

210 min · Serves 4 · 586 kcal a serve · Video 9:53 · Pailin's Kitchen

Paleo · Gluten-free ingredients · No dairy listed

A slow-braised beef curry built on fresh galangal, ginger, lemongrass and spices: one serve gives about 47 g of protein and is rich in zinc, iron and vitamin B12.

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Ingredients 18 · SERVES 4

- [ ] ¼ oz **dried mild chillies** (such as guajillo)
- [ ] 6 cloves **garlic**
- [ ] 1/2 cup chopped **shallots**
- [ ] 1 stalk **lemongrass**, finely chopped
- [ ] 2-inch piece **galangal**, chopped
- [ ] 2-inch piece **ginger**, chopped
- [ ] 8 **cloves**
- [ ] 5 **green cardamom pods**
- [ ] 2 tsp **ground cinnamon**
- [ ] 1 **star anise**
- [ ] 4 **candlenuts**
- [ ] 1½ lb **stewing beef** (chuck or boneless short ribs), cut into chunks
- [ ] 2 cups **coconut milk**
- [ ] 2 tbsp **tamarind concentrate**
- [ ] 1 tsp **salt**
- [ ] 1 tbsp **kerisik** (toasted ground coconut, made from 1/4 cup dried shredded coconut)
- [ ] 6 **kaffir lime leaves**, torn
- [ ] **fish sauce**, to adjust seasoning (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Tree nuts, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the kerisik: toast the shredded coconut in a dry pan over medium heat, stirring constantly, until dark brown, then grind it to an oily paste. 5:59
2. Grind the dried chillies, cloves, cardamom, cinnamon and star anise finely, then grind in the candlenuts. Blend the galangal, ginger, lemongrass, shallots and garlic with a little water, add the ground spices and blend to a paste. 0:43
3. Boil 1/2 cup of the coconut milk in a heavy pot, add the paste and cook over medium heat, stirring, until thick and the oil starts to separate. 2:57
4. Toss the beef in the paste, add the rest of the coconut milk, the salt and tamarind, and scrape up any paste from the bottom. 3:53
5. Cook loosely covered on low heat for 2½–3 hours until the beef is fork-tender and the sauce is thick, stirring every 20 minutes at first and every few minutes near the end. Add water if it gets too dry. 4:46
6. In the last few minutes stir in 1 tbsp of the kerisik and the torn lime leaves. Taste and adjust with fish sauce if needed. 5:41

> **Tip** Serve with steamed rice and a green vegetable or cucumber salad. Rendang tastes even better the next day. It is rich in coconut fat, so keep portions modest.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
586 kcal 2,450 kJ	**47** g 94% of a day	**18** g 15 g net · 5.2 g sugars 7% of a day

FIBRE	FAT	SODIUM
3.2 g 12% of a day	**39** g 28 g saturated 50% of a day	**790** mg 34% of a day

Energy from net carbs 10% · protein 31% · fat 59% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 150% · Zinc 110% · Selenium 99% · Iron 53% · Vitamin B6 52% · Magnesium 25% · Potassium 20%

Source of (10–19%) Folate 10%

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=I76CNoIYFkQ, published 20 July 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/beef-rendang-slow-cooked