BEEF RENDANG (Spicy Beef Stew)

Country of origin: Indonesia
Contributed by: Jakarta Office

Rendang originated in Sumatra, one of Indonesia’s islands in the western part of the country. There are many kinds of rendang, but the most famous is Rendang Padang which comes from Padang, the capital city of West Sumatra Province. It is made of meat, coconut milk and other ingredients such as red chili (lots of it), and is accompanied by rice — a staple food in Indonesia.

Ingredients:
- 2 liters coconut milk
- 1 kilogram meat, cut into 3-centimeter cubes
- 2 stalks lemon grass, bruised
- 2 turmeric leaves
- 5 kaffir lime leaves
- Juice of 1/2 lemon

Spices:
- 1 ounce fresh red chilies
- 4 cloves fresh garlic
- 10 cloves red Asian onion, or 2 small onions
- 3 centimeter length of fresh ginger, skinned
- 3 centimeter length fresh galangal
- Salt

Instructions:
Make a paste (in a blender or food processor) of all spices. If it is too thick to blend add some oil. Modify the spices according to taste, however you must use a lot of the chili paste as this is the central ingredient for the sauce.

Simmer coconut milk with turmeric leaves, lemon grass, kaffir lime leaves and spice paste until milk thickens and becomes oily. Reduce heat, add beef and simmer uncovered until beef is tender. Stir regularly as the sauce tends to be thick and dry. Add lemon juice. Check sauce thickness. The sauce should be a thick pasty consistency (stir more frequently to stop sticking).

This dish improves with age so usually it’s cooked the day before. Reheat it before serving.