



Beef Rendang Minang recipe

Author: KP Kwan

Recipe type: Main

Cuisine: Indonesian

Prep time: 30 mins

Cook time: 3 hours

Total time: 3 hours 30 mins

Serves: 2.5 kg

Ingredients

Ingredients (A)

1 kg of beef

600ml of coconut milk

100ml of vegetable oil

Ingredients (B)- to blend

- 4 candlenuts
- 12 cloves of garlic
- 300 g of red chili
- 250g of onions,
- 50g of ginger
- 50g of galangal

- 50g of turmeric
- 1½ tsp of coriander
- 1 tbsp (15g) of salt
- 1 tsp of sugar
- 4 green cardamoms
- 1½ tsp of cumin
- 10 cloves

Ingredients (C)- Seasonings and Spices

- 4 stalks of bashed lemongrass
- 3 kaffir lime leaves
- 1 piece of assam keping
- 2 turmeric leaves, tied up

Instructions

1. Cut the beef into 4 cm squares, half cm thick. Do not cut the beef too small as the meat can break into smaller pieces during cooking.
2. Blend all the ingredients in (B), set the blend aside.
3. Remove the green section and the outer sheath of the lemongrass. Use only the white portion. Bash them so that the lemongrass to ensure the release of the flavor.
4. Heat up the vegetable oil in a wok. Saute the spice paste (B) over low heat until aromatic.
5. Add the coconut milk and lemongrass into the wok.
6. Add the beef and cook over medium heat. Bring the coconut milk to a boil.
7. Once it is boiled, continue simmer over low heat. Add water from time to time when the stew is about to dry.
8. Cook until the beef absorbs the flavor of the spices thoroughly and the color turns to dark brown. It will take about three hours.
9. Served with rice or bread.

Nutrition Information

Serving size: 2500g Calories: 5600 Fat: 330g Carbohydrates: 360g Sugar: 160g Sodium: 7g Protein: 360g Cholesterol: 890mg

(step by step instruction with photos)



Step 1: Cut the beef

Cut the beef into 4 cm squares, half cm thick. Do not cut the beef too small as the meat can break into smaller pieces during cooking.



Step 2: Blend the spice

Blend all the ingredients in (B), set the blend aside.



Step 3: Bash the lemongrass

Remove the green section and the outer sheath of the lemongrass. Use only the white portion. Bash them so that the lemongrass to ensure the release of the flavor.



Step 4: Saute the spice

Heat up the vegetable oil in a wok. Saute the spice paste (B) over low heat until aromatic.



Step 5: Add the coconut milk

Add the coconut milk and lemongrass into the wok.



Step 6: Add the beef

Add the beef and cook over medium heat. Bring the coconut milk to a boil.



Step 7: Simmer the beef

Once it is boiled, continue simmer over low heat. Add water from time to time when the stew is about to dry.



Step 8: Cook until tender and turns into dark brown

Cook until the beef absorbs the flavor of the spices thoroughly and the color turns to dark brown. It will take about three hours.

How to prepare the best beef rendang (12 helpful tips)

It is quite easy to cook rendang Minang, but pay attention to some finer points below in order to successfully cook the most delicious food in the world.

- Sirloin is the choice for a more tender rendang, but topside is good to use since the beef is stewed for about four hours. You can stew the meat longer by adding water until the beef is tender enough. I used the topside in this recipe and it turned out perfectly.
- Blend the spice with an electric blender. You do not need to add water as the chilies and onions have sufficient water content for blending. Furthermore, it will take longer to saute the spice paste if water is added.
- Saute the spice paste with vegetable oil on low heat until it turns fragrant. Add coconut milk and stir frequently. The spice paste can scorch easily if left unattended.
- Most Asians use a wok to cook rendang. This is because the beef is cooked by the coconut milk at the bottom of the wok which is spherical. Alternatively try to find a pan with a curved bottom to cook rendang if you do not have a wok.
- [Cut the beef across the grain](#) by using the sharpest knife you have. If it is too soft, place it back in the freezer until it gets firmer. Since the beef will be cooked for about four hours, the size should be not smaller than 2 cm cubes. Otherwise, the meat will easily break into smaller pieces.
- There is an easy way to [peel the ginger and turmeric](#) which I explained in another post.
- I normally prefer to [remove the seeds of the red chili](#) to reduce the hotness. Rendang is not very hot and spicy, but you can always alter the amount of chili to taste.
- It is best to use freshly pressed coconut milk. If it is not available, you can use canned or carton packed coconut milk. Once opened, coconut milk

should be kept in the chiller at all times. You can also divide the coconut milk into smaller portions and keep them frozen. Fresh coconut milk can be kept for much longer if frozen. I have used frozen coconut milk for making rendang and it is as good as the freshly pressed one after a month.

- Substitute the fresh coriander seeds, turmeric and cumin with ground powder if you prefer. It will not make a huge difference to the final taste.
- Use only the pale yellow bulbous bottom part of the lemongrass. The greenish upper part of the stalk has less flavor and should be discarded. Bashing the lemongrass before adding it to the coconut milk will help release the aromatic flavor of the lemongrass into the rendang.
- Assam keping (also called assam kandis / gelugur in Indonesia) is available in dry pieces and is extremely sour. You can use tamarind (assam jawa) as a replacement since it is quite similar. However, the authenticity of rendang is lost if you substitute it with other souring agents such as lemon or vinegar. You can omit it if assam is unavailable. Some original rendang recipes from Indonesia do not include assam. Be careful not to add too much assam as rendang is not supposed to be a sour dish.
- Turmeric leaves are another ingredient that is not available in certain parts of the world. If you are unable to get turmeric leaves, use two more kaffir lime leaves.



8 bonus tips to get the best result for the beef rendang

The process of cooking rendang is simple. The following tips will be useful to guide you through the process if you are to cook rendang for the first time.

- Start with sauteing the spice paste with oil on low heat. The purpose of this step is to lightly fry the spices until they become aromatic. Constantly stir the spice paste as it can get scorched easily. You may want to add oil for easy sauteing and remove the excess oil during stewing. Stop sauteing when it turns aromatic or if the oil separates from the spice.
- Once the coconut milk reaches boiling point, reduce heat to minimum.
- Be patient when preparing rendang. The long cooking time will enable the flavor of the coconut milk and spices to be fully absorbed into the beef.
- After one to two hours of continuous cooking, the liquid will turn into a thick gravy. If you are preparing moist rendang, stop at this stage.

- Since this is the dry beef rendang recipe, the cooking process should be continued until the liquid has totally evaporated. This will take about four hours. Add water if it becomes too dry before the end of four hours. The authentic Minang rendang is dry, as opposed to the moist beef rendang more popular in Malaysia, Singapore, and the western countries.
- The liquid will eventually fully evaporate and completely caramelize. The beef will cook continuously in the remaining oil and absorb all the flavor of the spices.
- The color of the meat will gradually turn darker and eventually become dark brown at the end of four hours. The flavor of the spices and coconut is fully fused with the beef now. You can finally enjoy the flavor of the authentic beef rendang Minang.
- You can garnish rendang with turmeric leaves cut into thin strips, red chillies and kaffir lime leaves.



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