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GF Friendly

Beef Rendang

A spicy Malaysian Curry

There are cooking instructions on the Ayam label for Rendang curry, but I adapted the recipe and method to suit our tastes. Apart from only using half of the curry paste, I cooked my beef in stock beforehand to ensure it was tenderised. Although I haven't tried it, I imagine any meat could substitute for the beef; but depending on the preferred choice, cooking times may vary.

500g diced beef
92g Ayam Rendang curry paste
165ml coconut milk
1 medium potato, cut in chunky cubes
1 stick celery, sliced
1 carrot, peeled and coarsely chopped
1 medium onion, coarsely chopped
1 beef OXO cube, or other
1 tsp powdered ginger
½ tsp chilli powder
water
½ tsp salt (optional)

In a large pan, place the diced beef, potato, carrot and celery, then cover with water. Crumble in the stock cube, add the ginger and chilli and stir to combine. Bring to the boil, reduce the heat and simmer partially covered for 30 minutes. Stir occasionally, at the same time checking to ensure it doesn't boil dry. Remove the cover, add the onion and continue cooking on a slightly higher heat to reduce the liquid by about half.

Next, spoon in the Rendang curry paste, pour in the coconut milk and combine well. Bring this to the boil, then turn down to simmer partially covered for 45 minutes, stirring occasionally. This is best done over a heat diffuser (see Handy Hints HH10). If prepared in advance, the pan can be covered with the heat turned off to be re-heated later.

Allow sufficient time before serving to heat on low uncovered, reducing the liquid to a point which suits you – I left ours creamy. Salt, if using, can be added during this time, but taste-test first.

Serves 4 with rice and extra vegetables   remove any potato before freezing

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