

# Beef Rendang

Yield: 5 min

Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-malaysian-beef-rendang-recipe>

## Ingredients:

- 1 tablespoon coriander seeds
- 1 teaspoon fennel seeds
- 1 teaspoon black peppercorns
- 3 tablespoons vegetable oil
- 5 ounces chuck steak or topside, cut into 1 1/4 inch cubes
- 3 lemongrass stalks white part only, bruised with a pestle
- 3 kaffir lime leaves plus 1 extra, rolled and thinly sliced
- 2 1/4 cups coconut milk tinned
- 1 cup water
- 1 tablespoon salt or to taste
- 2 tablespoons sugar or to taste
- 1 cup desiccated coconut
- 4 1/4 ounces shallots about 12 small French, peeled
- 1 1/2 inches galangal piece, peeled
- 1 1/2 inches ginger piece, peeled
- 3/4 inch turmeric
- 1 tablespoon ground tumeric
- 1/2 ounce red chillies about 20 dried, soaked in hot water for 30 minutes until softened, then drained

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 15 milligrams
4. Fat: 47 grams
5. Fiber: 6 grams
6. Protein: 11 grams
7. SaturatedFat: 33 grams
8. Sodium: 1460 milligrams

9. Sugar: 9 grams

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