

Malaysian Beef Rendang

Yield: 6 min
Total Time: 120 min

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

Ingredients:

- 3/8 pound shallots
- 3 cloves garlic
- 15 dried red chile peppers
- 5 slices fresh ginger root
- 5 lemon grass chopped
- 2 teaspoons coriander seeds
- 2 teaspoons fennel seeds
- 2 teaspoons cumin seeds
- 1 pinch grated nutmeg
- 1 tablespoon vegetable oil
- 1 1/4 pounds beef stew meat cut into 1 inch cubes
- 1 1/2 tablespoons white sugar
- 2 cups shredded coconut
- 5 whole cloves
- 1 cinnamon stick
- 1 2/3 cups coconut milk
- 7/8 cup water
- salt to taste

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 32 grams
3. Fat: 27 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 22 grams
7. Sodium: 230 milligrams
8. Sugar: 16 grams

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