



Malaysian Beef Rendang



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds beef stew meat cut into 1 inch cubes
- ☐ 1 cinnamon sticks
- ☐ 2 cups coconut or shredded
- ☐ 1.7 cups coconut milk
- ☐ 2 teaspoons coriander seeds
- ☐ 2 teaspoons cumin seeds
- ☐ 2 teaspoons fennel seeds
- ☐ 5 slices ginger root fresh

- ☐ 3 cloves garlic
- ☐ 5 lemon grass chopped
- ☐ 1 pinch nutmeg grated
- ☐ 15 chile peppers dried red
- ☐ 6 servings salt to taste
- ☐ 0.4 pound shallots
- ☐ 1 tablespoon vegetable oil
- ☐ 0.9 cup water
- ☐ 1.5 tablespoons sugar white

Equipment

- ☐ food processor
- ☐ blender
- ☐ wok

Directions

- ☐ Heat the coconut in a dry wok, stirring continuously until golden brown. Set aside to cool.
- ☐ Using a blender or a food processor, blend the shallots, garlic, chilies, ginger, and lemon grass to a thick paste.
- ☐ Grind the coriander, fennel, cumin and nutmeg.
- ☐ Using the wok, fry the shallot paste in a little oil for a few minutes.
- ☐ Add the ground coriander, fennel, cumin and nutmeg; cook for 3 to 4 minutes, stirring continuously.
- ☐ Add beef; cook over a medium heat for a further 3 to 4 minutes, or until meat is browned.
- ☐ Stir in sugar, coconut, cloves, cinnamon stick, coconut milk , and water. Bring to a boil, lower heat, and simmer until most of the liquid has gone and the meat is tender (about 1 hour). Season with salt to taste.

Nutrition Facts



 **PROTEIN 22.39%**  **FAT 61.32%**  **CARBS 16.29%**

Properties

Glycemic Index:55.35, Glycemic Load:5.36, Inflammation Score:-6, Nutrition Score:20.458260847175%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 423.21kcal (21.16%), Fat: 29.86g (45.94%), Saturated Fat: 21.84g (136.47%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 13.16g (4.79%), Sugar: 7.52g (8.35%), Cholesterol: 58.59mg (19.53%), Sodium: 269.24mg (11.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.54g (49.07%), Manganese: 1.42mg (71.04%), Selenium: 29.76µg (42.51%), Vitamin B6: 0.79mg (39.44%), Vitamin B3: 7.26mg (36.29%), Iron: 6.19mg (34.39%), Phosphorus: 329.67mg (32.97%), Zinc: 4.92mg (32.83%), Vitamin B12: 1.75µg (29.14%), Potassium: 751.26mg (21.46%), Copper: 0.42mg (21.23%), Magnesium: 78.95mg (19.74%), Fiber: 4.69g (18.76%), Vitamin B2: 0.19mg (11.32%), Folate: 41.87µg (10.47%), Vitamin B1: 0.15mg (10.18%), Calcium: 75.97mg (7.6%), Vitamin B5: 0.7mg (6.99%), Vitamin A: 343.88IU (6.88%), Vitamin K: 7.18µg (6.84%), Vitamin C: 5.19mg (6.29%), Vitamin E: 0.62mg (4.17%)