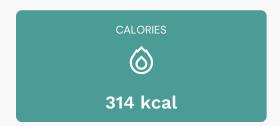


# **Mutton Rendang**





SIDE DISH

## **Ingredients**

1 teaspoon turmeric
1 tablespoon salt
4 servings water
15 pieces chilies dried hot (soaked in water first)
8 pieces shallots
1 large onion
5 pieces garlic clove
2 inches ginger

	3 lemon grass
	2 inches galangal
	1 inch turmeric fresh
	1 teaspoon cumin seeds
	1 teaspoon fennel seeds
	200 milliliters coconut milk thin
	80 milliliters coconut milk thick
	2 pieces tamarind dried
	1 piece turmeric sliced
	3 tablespoons coconut or toasted (kerisik)
	4 servings salt to taste
	4 servings cooking oil
	1 kilogram frangelico boneless cut into cubes
	1 kilogram frangelico boneless cut into cubes
Eq	uipment
	frying pan
	sauce pan
	stove
	wok
	pressure cooker
Di	rections
Ш	Mix mutton pieces with turmeric powder and salt. Put in a saucepan, add water just enough to cover the mutton. Cover the pan and place it on stove.
	cover the mutton. Cover the pan and place it on stove.  Let it boil until meat is tender or almost cooked (U may also use pressure cooker). Once the

Enter the blend paste and stir. Cover the wok and let the paste simmer and boil a few times. Keep stirring occasionally. The longer the paste in sauted, the better flavour U'll get.
Add thin coconut milk, dried tamarind slices, turmeric leaf and salt (do not put too much salt, as U've already added salt in mutton just now).
Mix well the gravy and let it boil a few times again.
Now, add the mutton pieces together with thick coconut milk. Give it a stir and cover the wok again. Cook for another 10-15 minutes, stirring occasionally.
Lastly, add the toasted coconut.
Mix evenly and dish out. That's it!

#### **Nutrition Facts**

PROTEIN 3.37% FAT 81.73% CARBS 14.9%

### **Properties**

Glycemic Index:97.75, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:9.8360869565217%

#### **Flavonoids**

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

#### Nutrients (% of daily need)

Calories: 314.06kcal (15.7%), Fat: 30.09g (46.3%), Saturated Fat: 14.89g (93.04%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 9.7g (3.53%), Sugar: 3.82g (4.25%), Cholesterol: Omg (0%), Sodium: 1966.93mg (85.52%), Protein: 2.79g (5.58%), Manganese: 0.99mg (49.73%), Iron: 3.75mg (20.84%), Vitamin A: 1001.64IU (20.03%), Vitamin E: 2.64mg (17.58%), Vitamin K: 14.38µg (13.7%), Copper: 0.27mg (13.31%), Magnesium: 51.62mg (12.91%), Potassium: 379.18mg (10.83%), Fiber: 2.65g (10.61%), Phosphorus: 100.93mg (10.09%), Vitamin B6: 0.15mg (7.3%), Vitamin C: 5.93mg (7.19%), Folate: 23.71µg (5.93%), Vitamin B3: 1mg (4.99%), Calcium: 49.59mg (4.96%), Zinc: 0.74mg (4.94%), Vitamin B2: 0.07mg (4.12%), Vitamin B1: 0.05mg (3.53%), Vitamin B5: 0.22mg (2.18%), Selenium: 1.02µg (1.46%)