

Welsh Beef Rendang



Ingredients

- 800g diced stewing Welsh Beef
- 1tbsp oil for frying
- 4 kaffir lime leaves (dried)
- 2 star anise
- 2 cinnamon sticks
- 8 cloves
- 1 can coconut milk
- Approx. 200ml water
- Juice 1 lemon
- 1tbsp dark brown sugar
- 4tbsp desiccated coconut

For the Rendang Paste

- 1 onion, roughly chopped
- 2 large red chillies – deseeded and chopped
- 6 garlic cloves – chopped
- 1" fresh ginger – chopped
- ½tsp ground ginger
- 1tbsp ground coriander
- 1tsp ground cumin
- 1tsp ground black pepper
- ½tsp salt
- 1tsp lemongrass paste
- Little water

Method

1. Make the paste by putting all the ingredients in a food processor and blitz together for a smooth paste.
2. Toast the coconut by placing in a dry frying pan and heat stirring all the time until it turns a nice golden-brown colour.
3. Heat the oil in a large pan or flameproof casserole dish, add the star anise, cinnamon sticks and cloves and allow to sizzle on a medium heat for a minute.
4. Add the paste to the pan, kaffir lime leaves and stir for a couple of minutes.
5. Add the beef, coconut milk and water and bring to the boil then reduce the heat and cook for 1½ - 2 hours.
6. Add the sugar, lemon juice and 3tbsp toasted coconut. Stir, cover with lid and cook for approximately 30 minutes stirring occasionally until the meat is tender and you have a fairly dry consistency.
7. To serve sprinkle over remaining coconut. Great served with rice and a tomato and coriander salad.



You can buy prepared Rendang paste or have a go at making your own. It's very easy to make and you'll have most of the ingredients in your store cupboard already!

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