

BEEF RENDANG



INGREDIENTS

- 6 shallots or 1½ red onions, roughly chopped
- 4 large garlic cloves, peeled, crushed, and roughly chopped
- 1 ½ TBSP minced fresh ginger, peeled
- 2 red chillies, seeded and roughly chopped
- 5 cloves
- 3 kaffir lime leaves, fresh or dried (you can find dried kaffir lime leaves in the spice section of your grocery store if you can't locate fresh. Thai Kitchen is one brand)
- 2 pounds beef stew cubes
- 1 ½ cups full-fat coconut milk
- 1 tsp turmeric
- 1 tsp ground coriander
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- ¼ tsp nutmeg
- ¼ tsp sea salt, or to taste
- 3 stalks lemongrass

DIRECTIONS

Preheat the oven to 300 degrees F. In a food processor or blender, add shallots or red onions, garlic, ginger, chillies and dried kaffir lime leaves, if using. (If using fresh lime leaves, set aside, as they will be added later). Pulse until combined into a puree and set aside (you can also do this by hand using a mortar and pestle). In an oven safe pot with a lid, add the beef and coconut milk. Stir in the spice puree. Then stir in the turmeric, coriander, cumin, cinnamon, nutmeg and salt. Prepare the lemongrass stalks: peel off the tough outer layer and discard. Cut off the stem end and the green tops to end up with about a 10-inch piece of lemongrass.

(See next page..)

• W E E K L Y R E C I P E •



Place the stalks on the cutting board and bang them with a kitchen tool (such as a potato masher or pestle) to release the flavor. Place them in the stew whole (you will remove them later, as you would bay leaves). If you are using fresh kaffir lime leaves, similarly bruise them using a mortar and pestle and add them in this step (to remove with the lemongrass later). Heat the stew, uncovered, on the stovetop over medium heat until it comes to a simmer. Cover and place the pot in the oven. Cook for 3 hours, stirring once or twice. Carefully bring the pot back to the stovetop and uncover. Remove the lemongrass (and fresh kaffir, if using) with tongs and discard. Bring the stew to a simmer over low heat. Cook stirring often, until the meat is tender and the sauce has reduced by half, about 45 minutes. Stir constantly toward the end of the cooking process.

*****Serves 2-4**

Source: Chris Kresser - The Paleo Cure