

Beef Rendang

<http://thedomesticman.com/2012/09/13/beef-rendang/>



Spice paste:

*1 bell pepper
5 shallots
4 cloves garlic
1" galangal
1" ginger
2 macadamia nuts (unsalted)
1 tsp chili pepper flakes
1/2 tsp cloves
1/2 tsp nutmeg
1 tbsp water*

Everything else -

*2 lbs beef (chuck, round, stew meat, or boneless short ribs), cut into 1" cubes
4 stalks lemongrass, cut into 2" pieces (white part only)
1 can coconut milk
1 cinnamon stick
7 kaffir lime leaves
1 bay leaf
1 tsp salt
1 tsp coconut oil*

Combine all of the ingredients for the spice paste and process until it has a thick, oatmeal-like consistency. You'll want to scrape down the sides of your container a couple times to make sure everything gets properly mixed. Warm the coconut oil in the pan on med heat for a minute or two, and then add the spice paste.

Simmer the paste, stirring often, for 3-4 minutes, until aromatic. Add the beef, mixing well, and simmer for another two minutes.

Add the rest of the ingredients (coconut milk, lemongrass, cinnamon, kaffir lime leaves, bay leaf, salt) and bring to a simmer, then reduce to med/low heat.

Now the dish will make a slow and steady transformation. The liquid will both evaporate and darken. Continue to simmer on med/low, stirring every 15 minutes, until most of the liquid has evaporated, which could take anywhere from two to three hours.

Once most of the liquid has been reduced, reduce the heat to low and allow the meat's fat to render, should take an additional 30 minutes or so. Stir it after 15 minutes.

Remove the kaffir lime leaves, the bay leaf, and the cinnamon stick, and serve. I like to leave the lemongrass in the dish but be sure to warn your guests that they aren't supposed to eat them!

Serve with rice or cauliflower rice.