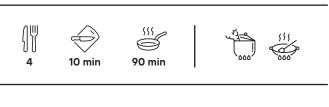
# MALAY BEEF RENDANG CURRY

#### AUSTRALASIA / MALAYSIA

#### ORIGINS

According to ancient archives, the origins of this world-renowned dish can be traced back to the Minangkabau community of Padang in West Sumatra and were created, according to ancient archives, as early as 1000-1200AD when Indian traders would bring spices across the Bay of Bengal. The Minang people then began migrating to the Malaysian Peninsula to trade, bringing this spice-rich curry with them.



# WHAT YOU NEED

- 1/2 pkt (15 g) Malay spice
- 500 g beef casserole meat, cubed
- 1 onion, chopped
- 2 tsp kecap manis\*
- 2 tbsp white vinegar

- 1 tsp brown sugar
- 400 ml coconut milk

# HOW TO MAKE

#### (1)

Sauté onion, 5 min. Add spice, sauté 1 min.

(2

Add beef and sauté until browned, 5 min. ③

Mix vinegar, sugar and kecap manis (\*sweet soy sauce) with coconut milk and add to dish. Cover and simmer 60 min.

## HOW TO SERVE

Serve with steamed rice, cucumber and peanut salad\*.

# HINTS & TIPS

## SIDES & CONDIMENTS

cucumber and peanut salad: 100 g cucumber sliced 1 tsp light soy sauce 1 tsp lemon juice 1 tsp sugar 2 tbsp crushed peanuts fresh chilli sliced - optional Mix all ingredients together in a bowl.

#### SWAPS & ALTERNATIVES

veggie combos: omit salad and serve with steamed broccoli. reduce meat: 250 g beef + 200 g cooked chickpeas. alternative: replace beef with lamb or goat. Kecap manis = sweet soy sauce



