

# 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.



4



10 min



90 min



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## 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

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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

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