

Rendang: Indonesian Dry Beef Curry

INGREDIENTS

- 1.3 pounds beef stew meat
- 1/2 tablespoon salt
- 2 teaspoons sugar
- 1 teaspoon mushroom bouillon powder or MSG (optional)
- 1.5 tablespoons coconut oil
- 400 ml coconut milk, thicker is better
- 200 ml water

AROMATIC INGREDIENTS

- 2 lemongrass stalks, crushed
- 1 galangal, sliced and crushed, frozen or fresh
- 5 kaffir lime leaves, frozen or fresh
- 1 pandan leaf, frozen or fresh
- 3 bay leaves

DIRECTIONS

(serves 2-3)

1. Prepare the dry spices and wet spices (see Rendang Spices).
2. Rub beef with the dry spices rub in a bowl. Let it sit for a few minutes.
3. Heat 1.5 tbsp of coconut oil in a pot or a deep pan, then saute the wet spices puree until fragrant - a few minutes.
4. Put all the aromatic ingredients into the pan, and saute for 1 to 2 more minutes.
5. Put beef into the pan. Brown the beef.
6. After the beef has been browned, pour the coconut milk and water into the pan.
7. Using medium high heat, bring to the boil. Add the salt, sugar and mushroom bouillon powder into the pan. Stir.
8. Turn heat down to medium-low and cover with a lid.
9. Cook for 4 or more hours, depending on how dry you like it. In Indonesia, we cook it until all the liquid is dried which in some cases can take up to 8 hours. You can eat it as soon as the meat is tender, in approximately one hour.

IMPORTANT: check on it and stir it every 15 to 30 minutes to make sure nothing is burnt or sticking to the bottom of the pot.

10. Remove aromatics before serving.

Recipe provided by Wu Schafer.



Rendang Spices

WET SPICES (puree)

- 5 garlic cloves
- 8 shallot cloves or 5 large shallot bulbs
- 5 candlenuts
- 1/2 large red bell pepper
- 2 or more hot chili pepper such as Thai bird chilies, optional
- 1.5 inch ginger
- 3.5 tablespoon coconut oil

DRY SPICES

- 1 tablespoon ground coriander
- 1 teaspoon ground white pepper
- 2 teaspoons ground cumin
- 1/4 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground star anise
- 1 teaspoon ground cloves
- 1/4 teaspoon cayenne pepper or more, if you want spicy

DIRECTIONS

1. Put wet spices ingredients together in a food processor. Blend to form a puree.
2. Mix the dry spices together in a small bowl.

Recipe provided by Wu Schafer.



Nasi Kuning: Indonesian Turmeric Rice

INGREDIENTS

- 1 cup long grain white rice
- 1 tablespoon coconut oil
- 2 garlic cloves, minced
- 1 pandan leaf
- 2 kaffir lime leaves, frozen or fresh
- 2 bay leaves
- 1 stalk lemongrass, crushed
- ½ teaspoon turmeric powder
- 250 ml coconut milk, thin
- 250 ml water

DIRECTIONS

(serves 2-3)

1. In a medium pot over medium heat, add coconut oil and garlic. Saute until fragrant and golden.
2. Add in the pandan leaf, kaffir lime leaves, bay leaves, and lemongrass stalk. Saute for 30 seconds.
3. Pour in the coconut milk and water and bring to boil over medium-high heat..
4. As soon as it reaches a boil, add the rice.
5. Return to a boil and then reduce heat to medium low, cook for 25 to 30 minutes, stirring frequently to ensure rice doesn't stick to the bottom of the pot.
6. Remove aromatics (leaves and lemongrass), fluff the rice and let sit for a few minutes before serving.

Recipe provided by Wu Schafer.



Gado Gado: Indonesian Salad with Spiced Peanut Dressing

SALAD INGREDIENTS

- 12 oz green cabbage, chopped large
- 12 oz green beans
- 12 oz spinach
- 12 oz bean sprouts
- 1 English cucumber, sliced diagonally
- 1 beefsteak tomato, diced
- 2 hard boiled eggs, sliced

DRESSING INGREDIENTS

- 1 cup crunchy peanut butter
- ½ tablespoon coconut oil
- 1 teaspoon grated fresh ginger
- 3 garlic cloves, minced
- 2 shallot cloves, minced
- 3 teaspoons coconut sugar
- 3 kaffir lime leaves, frozen or fresh
- 1.5 cups hot water
- 1 ¾ tablespoons white vinegar
- 1 tablespoon kecap manis, Indonesian sweet soy sauce
- ½ teaspoon red pepper flakes, optional

DIRECTIONS

(serves 3)

1. Blanch the cabbage, green beans, spinach, and bean sprouts by placing each, one group at a time, into a pot of boiling water for a few minutes and then transfer vegetables to a bowl of ice water. Drain and set aside.
2. Heat the coconut oil in a small pot over medium-high heat. Sauté garlic, shallots, and ginger until fragrant, 3 to 4 minutes.
3. Reduce heat to medium and add the peanut butter, hot water, sugar, vinegar, kecap manis, and lime leaves. Stir until the peanut butter is blended entirely. Cook, stirring continuously, 4-5 minutes until thickened slightly. Remove kaffir lime leaves before serving.
4. Arrange blanched vegetables, cucumber, tomato, and egg in your plate or bowl as you like.
5. Pour dressing over and enjoy.

To reheat dressing, pour two tablespoons of hot water over the desired amount you'd like.

Recipe provided by Wu Schafer.

