SINGAPORE / SINGAPORE STREET FOOD

MALAY BEEF RENDANG WITH KERISIK

Malay rendang is lighter and milder than the Padang version. Beef is simmered in coconut milk with lemongrass, galangal and turmeric leaf, then thickened with kerisik, coconut toasted and pounded until its oil runs.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
6	35 min	2 h 30 min	3 h 5 min	Involved	Medium

INGREDIENTS

FOR THE RENDANG

- 1 kg beef chuck or shin, in 4 cm cubes
- 400 ml coconut milk
- 400 ml water
- 2 lemongrass stalks, bruised
- 5 makrut lime leaves
- 1 turmeric leaf, finely shredded
- 1 cinnamon stick
- 3 cloves
- 1 star anise
- 1 tbsp tamarind paste
- 1 tbsp palm sugar
- 4 tbsp neutral oil
- Salt

FOR THE PASTE

- 10 shallots
- 5 garlic cloves
- 10 dried red chillies, seeded and soaked
- 3 lemongrass stalks, white part only
- 40 g galangal
- 30 g ginger
- 15 g fresh turmeric (or 1 tsp ground)
- 1 tbsp ground coriander
- 1 tsp ground cumin
- 1 tsp ground fennel

FOR THE KERISIK

- 120 g grated coconut (fresh, or desiccated)

METHOD

MAKE THE KERISIK

1. Toast the coconut in a dry pan over low heat for 12 to 15 minutes, stirring all the time, until deep golden brown. Pound while hot until oily and dark.

COOK THE PASTE

2 Blend the paste ingredients with a little water until smooth.

3 Heat the oil in a wide heavy pot over medium heat. Fry the cinnamon, cloves and star anise for 1 minute, add the paste, bruised lemongrass and lime leaves and cook for 12 minutes, until the oil separates.

BRAISE

4 Add the beef and turn it in the paste for 5 minutes. Pour in the coconut milk and water, add the tamarind, palm sugar and 2 tsp salt.

5 Simmer gently, uncovered, for 1 1/2 to 2 hours, stirring more often as it thickens, until the beef is soft.

FINISH

6 Stir in the kerisik and the turmeric leaf. Cook for 15 to 20 minutes, stirring, until the sauce is thick and clings to the meat.

7 Taste for salt and sugar, rest for 20 minutes and serve with rice.

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Pound the kerisik until you see the oil. That is what thickens the sauce.

Stop earlier than for a Padang rendang: the Malay one stays moist and brown, not black.

It keeps for 4 days in the fridge and freezes well.

Hjh Maimunah has a long queue, and as Will says it is all locals. The food is a mix of Padang and Malay, close to Negeri Sembilan, which has strong ties with Sumatra and the Minangkabau people.The plate starts with rendang. Will compares it with the Indonesian one: the Malay rendang is lighter in colour and normally not as spicy....