



RENDANG DAGING MASAK KERING

Bahan-bahan:

500g daging lembu, dicincang
6 sudu besar minyak masak

Bahan-bahan untuk Ditumbuk:

25g lengkuas
5 batang serai
120g bawang merah
5 ulas bawang putih
15g belacan
20g kunyit
5 sudu besar cili boh

Bahan-bahan A:

200ml Santan Kelapa M&S Lemak Dikurangkan
1½ sudu besar gula perang
½ sudu teh garam
1 daun pandan, disimpul

Bahan-bahan B:

100g kerisik
1 sudu besar daun limau purut, dicincang

Cara Penyediaan:

1. Panaskan minyak masak dalam kualiti dan masukkan bahan-bahan tumbuk. Masukkan daging dan gaul rata.
2. Masukkan bahan-bahan A dan biarkan mendidih. Kacau berterusan, apabila hampir kering rendahkan api. Masukkan bahan-bahan B dan gaul rata. Kacau sehingga betul-betul kering sebelum diangkat keluar.

STIR FRIED BEEF RENDANG

Ingredients:

500g lean beef, shredded
6 tbsp cooking oil

Ingredients for Pounding:

25g galangal
5 stalks lemongrass
120g shallots
5 cloves garlic
15g prawn paste
20g turmeric
5 tbsp cili boh

Ingredients A:

200ml M&S Reduced Fat Coconut Milk
1½ tbsp brown sugar
½ tsp salt
1 screw pine leaf, knotted

Ingredients B:

100g kerisik (fried grated coconut)
1 tbsp kaffir lime leaves, chopped finely

Method:

1. Heat cooking oil in a wok and add in pounded ingredients. Add in beef, mix well.
2. Add ingredients A and bring to boil, keep on stirring till dry. Add ingredients B and mix well. Keep stirring until nearly dry before removing serving.

