

RESEP: Rendang Padang



Bahan-bahan:

1.3 kilo daging sapi
6 cabai merah
1 bawang {Bombay}
2 inci jahe
3 siung bawang putih
1 tangkai serai
1/3 cangkir pasta asam Jawa
1 sendok teh cumin
1 sendok teh giling ketumbar
1 sendok teh giling kunyit
1/2 sendok teh bubuk cabai
1 kaleng santan
2 sendok teh gula
garam

Ingredients:

1.3 kilo beef stew meat
6 red chillies
1 brown onion
2 inches ginger
3 cloves of garlic
1 stalk of lemongrass
1/3 cup tamarind paste
1 teaspoon of ground cumin
1 teaspoon of ground coriander
1 teaspoon of ground turmeric
1/2 teaspoon of chilli powder
1 can coconut milk
2 teaspoons of sugar
salt to season

Metoda:

1. Potonglah daging sapi dan masukkanlah di dalam 'slow cooker'.
 2. Potonglah cabai, bawang Bombay, jahe, bawang putih dan tangkai serai. Masukkan di dalam tempat mencampur itu dengan pasta asam Jawa dan 1 cangkir air hangat, dan juga bumbu-bumbu.
 3. Campurkan sampai rata dan menuangkan di atas daging sapi.
 4. Masukkan santan dan masak pada rendah selama 6 jam.
 5. Daging sapi akan empuk dan sausnya berwarna coklat tua.
 6. Keluarkanlah kebanyakan sausnya dan masukkan di dalam panci bergagang. Masak pada panasnya sedang sampai sausnya kental.
 7. Masukkan sausnya di dalam 'slow cooker' lagi dan masak selama 30 menit sampai 1 jam lagi.
 8. Masukkan gula dan garam dan kocoklah.
- *Makanlah rendang Padang dengan nasi putih, bawang goreng dan ketumbar di atas dan sayur-sayuran hijau dipinggir piring.

Method:

1. Cut the beef and put in the slow cooker.
 2. Cut the chillies, onion, ginger, garlic and lemongrass. Put in a blender or food process and combine with the tamarind paste, 1 cup of warm water, and the spices.
 3. Puree until smooth, and then pour over the beef.
 4. Stir in the coconut milk and cook, covered, on the low setting for 6 hours.
 5. The beef will be tender and the sauce will be dark brown.
 6. Ladle most of the sauce into a small saucepan and cook over medium high heat to reduce until slightly thickened.
 7. Pour the sauce back in the slow cooker and cook on high for 30 minutes to 1 hour longer.
 8. Stir in the sugar and season with salt to taste.
- *I like to serve with steamed rice, with fried onions and fresh coriander on top and a side serve of green vegetables.