

# Beef Rendang

Rendang, the aromatic and flavourful coconut milk-based stew that is often used to honour our guests during festive occasions! However, the traditional recipe usually calls for coconut milk and fatty cuts of meat which makes it a high fat dish.

## Here are some healthy tips for you!



- Get that aromatic taste by using **natural spices** (e.g. cumin seeds, coriander seeds, chilli) **instead of salt** to **lower your sodium intake** and to enhance the flavours!



- **Avoid or reduce** the amount of **coconut milk** as it is **high in phosphate, potassium, and saturated fat**. If you still prefer that milky taste, **swap with low fat milk or yoghurt** for a **lower fat and potassium content**!

- **Avoid adding desiccated coconut** as it **increases the potassium content**.



- **Remove the fats on the meat or choose lean meat** to **reduce saturated fat intake**.



- ! **For dialysis patient:** Choose **low potassium** vegetables (e.g. stir fried kangkong, cabbage, long bean) together with white rice or ketupat for a balanced meal.



- **Limit your gravy intake** to **reduce** your overall **sodium and phosphate** intake. Remember, your daily sodium limit **should not** be more than **2,000mg**!



- ! **For dialysis patient:** Remember to take your phosphate binder with your meal!



## Beef Rendang

Yield: 5 servings

Protein: 3 portions per serving

Ingredients	Amount
Canola oil	1½ tablespoons
Beef fillet or chicken Fats removed, cut into small cubes	500g
Water	1½ cups (375ml)
Gula Melaka (Palm sugar)	1 tablespoon
Salt	½ teaspoon
Bay leaf, sliced	2 pieces
<b>Spice Paste</b>	
Dried red chilli	4 pieces
Red chilli	1 piece
Green chilli	1 piece
Chilli padi	1 piece
Shallots	6 pieces
Garlic	3 cloves
Lemongrass	1½ pieces
Ginger	½ inch
Turmeric	½ inch
White cumin seeds	½ teaspoon
Coriander seeds	½ tablespoon
Water	½ cup (125ml)

### Nutrition content per serving: (Energy: 211kcal)

Carbohydrate	7g
Protein	23g
Total fat	10g
Sodium	257mg
Potassium	494mg
Phosphate	246mg

### Cooking tips!

For a more tender meat, pound it before cooking.



## Steps

1. Blend all of the ingredients for the spice paste until mixture becomes a paste.
2. Heat oil in a large pan and saute the paste for 8 to 10 minutes until fragrant and turns slightly darker in colour.



3. Add in beef and water. Cook over a medium heat till the meat is almost cooked.
4. Add in Gula Melaka, salt and half of the sliced bay leaves.
5. Lower the heat and simmer for 1 to 1.5 hours until the gravy dries up.

6. Once ready, garnish with the remaining sliced bay leaves.
7. Serve with ketupat or plain rice.



Recipe courtesy of **Atiqah Aznam**