



BEEF RENDANG
RECIPE

BEEF RENDANG



COOK TIME

130 mins

PREP TIME

15 mins

SERVES

4 x

BEEF RENDANG

Share

- [Pinterest \(opens in new window\)](#)
- [Facebook \(opens in new window\)](#)
- [Twitter \(opens in new window\)](#)
- [Download \(opens in new window\)](#)
- [Print \(opens in same window\)](#)

INGREDIENTS

- 2 cups (200 g) Desiccated Coconut
- 4 cups (1000 g) Beef Cheeks (can be Gravy or Sirloin)
- 2 Tbsp MasterFoods™ Minced Ginger
- 2 Tbsp MasterFoods™ Ginger
- 1 Tsp MasterFoods™ Finely Sliced Chilli
- 2 Tsp MasterFoods™ Turmeric
- 2 sticks Lemongrass
- 6 Tbsp Olive Oil
- 2 cans (400g each) Coconut Milk
- 2 pouches (250g each) Ben's Original Coconut Rice
- 1 cup (150 g) Cucumbers
- 2 cups (250 g) Yoghurt

RELATED PRODUCTS



MASTERFOODS Spice Chilli Flakes 18g Jar

[See details](#)



MASTERFOODS Spice Ground Ginger 25g Jar

[See details](#)

METHOD

1. 1.
Make a paste by placing the MasteFoods™ Minced Garlic, Ginger, Chillies, Turmeric, rough chopped Lemongrass, and half of the Olive Oil in a blender.
2. 2.
Pan-fry in a fry pan, the paste in the remaining Olive Oil for 10 minutes and add the Beef. Brown it all off and flood with the Coconut cream. Add the toasted Coconut.
3. 3.
Transfer to a lidded baking dish, cover and bake in the oven, for 2 hours at 160C (this is a dry curry).
4. 4.
Prepare the Ben's Original Coconut Rice as per the packet's instructions. Serve the Curry on the Rice and add Yoghurt and Cucumbers.

Source URL: <https://www.masterfoods.co.nz/Recipes/beef-rendang>