

Malay Style Braised Beef Recipe

Ingredients:

10 shallots, peeled
3 cloves garlic, peeled
2-cm knob galangal, skinned
2 stalks lemon grass, only use 5 cm of the bottom white portion
5 candlenuts (buah keras)
15 dried chilies, soaked for 30 minutes then drained
125 ml water
2 tablespoon cooking oil
500 g beef topside, cubed
2 stalks lemon grass, bruised
3 daun salam (eugenia polyantha)
1 liter water
500 ml thick coconut milk
Salt and pepper to taste
3 tablespoons fried shallots

Method:

Place shallots, garlic, galangal, lemon grass (2 stalks bottom white portion only), candlenuts, dried chilies and water into a blender and blend until smooth. Heat oil in a saucepan and sauté the blended ingredients over low heat for 2 minutes or until oil separates. Add beef cubes, bruised lemon grass, daun salam and water. Bring to the boil, reduce heat and simmer until meat is three-quarter cooked. Add coconut milk, bring to the boil, reduce heat and simmer until meat is tender and sauce thickens. Season to taste with salt and pepper. Garnish with fried shallots.

[asian_free_recipes_download][[/asian_free_recipes_download]