



The  
**Autism**  
Food Club



# Beef Rendang

## With baby vegetable salad and sticky rice



### Ingredients

1	lemongrass stalk
3	Garlic cloves
2	Red chilies, seeds removed
1	Thumb-sized piece ginger, peeled
20 grams	Coriander seeds
1 teaspoon	Cumin seeds
1/2 teaspoon	turmeric powder
1	Star anise
50 grams	block coconut cream
2	medium onions, sliced
1	Bay leaf
750 grams	Boneless beef shin, cut into 2.5cm/1in cubes
400 grams	Coconut milk
250 millilitres	Beef stock



### Method

#### For the beef rendang

- 1 In a blender or food processor, add the lemongrass, garlic, onion, ginger and chili and blend until finely chopped.
- 2 Dry fry the coriander, cumin seeds, star anise and turmeric until fragrant. Place the spices into a spice grinder or using a pestle and mortar and grind to a fine powder
- 3 In a wide pan or cast-iron wok that has a lid, heat the block of coconut cream very gently until it melts, adding the onions, garlic, chilies, ginger and lemongrass mixture to the pan and cooking gently until the mixture is fragrant.
- 4 Add the ground spices and the bay leaf and fry for a few minutes more.
- 5 Add the meat and increase the heat so that it browns on all sides.
- 6 Add the coconut milk and stock. Cover with lid and place in the oven to cook on 150°C / gas mark 2 / 300°F for 1- 1½ hours, then bring out of the oven, remove the lid and allow to reduce and thicken the sauce cooking for a further 30 minutes.
- 7 This stage can be done in the advance and left overnight in the fridge for the flavours to develop



# Beef Rendang

With baby vegetable salad and sticky rice



## Ingredients

- 110 grams Chinese cabbage, shredded
- 100 grams Baby Spinach leaves
- Small handful Mint leaves
- 1 Spring onion, sliced diagonally
- 50 grams Green beans cut into 2cm pieces
- 50 grams Baby corn, cut in slices
- For the dressing
- 1 Lime, juice and zest
- 1 teaspoon Rapeseed oil
- 1 teaspoon Fish sauce
- 1 Garlic clove, finely crushed
- For the sticky rice
- 400 grams Thai jasmine rice
- 1 teaspoon Salt



## Method

- 1 For the salad cook the baby corn and green beans in boiling water for 4 minutes until tender, then drain and cool the vegetables under running water. Combine with rest of salad ingredients in a salad bowl.
- 2 Chop the cooled vegetables into bite sized pieces and add to the salad
- 3 For the dressing, mix together all the dressing ingredients in a bowl place in suitable container to serve
- 4 For the sticky rice, wash the rice in a sieve three times fully draining each time.
- 5 Place the rice into a saucepan and add enough water so it's about 1cm about the rice. Add the salt and cover with a lid. Place over a high heat and bring to the boil, allow to simmer for five minutes turn off leaving the lid in place and the rice will continue to steam for 20 minutes. It should absorb all the water
- 6 Serve with the beef and salad



## Sprinkling of science

One of the more unusual spices, star anise is a fruit normally native to South East Asia. With a characteristic anise or liquorice flavour, this spice is a frequent accompaniment to many dishes. As with many herbs and spices, small amounts of this spice have been suggested to confer potential health benefits although over consumption is not recommended. The seeds of star anise for example, are a good source of shikimic acid, the starting compound for several antiviral medicines including those used to combat flu.