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Slow Cooked Beef Rendang

Slow Cooked Beef Rendang is a traditional Indonesian dish that is rich in flavor and spices. It is made by slow-cooking beef in a mixture of coconut milk and spices until the meat is tender and the sauce has thickened. This dish is typically served with steamed rice and is perfect for a hearty meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 240 mins

Total Time: 255 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	Beef
500 ml	coconut milk
100 g	Shallots
4 cloves	garlic

20 g	Ginger
20 g	galangal
2 stalks	Lemongrass
4 pieces	Red Chili Peppers
2 tsp	turmeric powder
2 tsp	coriander powder
1 tsp	cumin powder
1 piece	cinnamon stick
4 pieces	Cloves
4 pieces	cardamom pods
4 leaves	lime leaves
2 tsp	Salt
2 tsp	Sugar

Directions

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Step 1

Cut

Slice the shallots, garlic, ginger, galangal, and lemongrass.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Blending

Blend the sliced shallots, garlic, ginger, galangal, lemongrass, and red chili peppers into a paste.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Slow cooker

In a slow cooker, add the beef, coconut milk, blended paste, turmeric powder, coriander powder, cumin powder, cinnamon stick, cloves, cardamom pods, lime leaves, salt, and sugar.

Prep Time: 0 mins

Cook Time: 127 mins

Step 4

Cooking

Cook on low heat for 4 hours or until the beef is tender and the sauce has thickened.

Prep Time: 0 mins

Cook Time: 127 mins

Step 5

Serving

Serve the Slow Cooked Beef Rendang with steamed rice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	20 mg	181.82%	250%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian Chinese Indian Mexican French Thai Mediterranean

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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