

BEEF RENDANG

by Healing Family Eats

Prep time: 30 minutes

Cook time: 3 hours

Serves 4-5

Ingredients -

Curry paste -

1/3 cup finely shredded coconut flakes

3 (7 oz) shallots, roughly chopped

5 cloves garlic, roughly chopped

1+1/2 oz fresh galangal, peeled and roughly chopped

3/4 oz fresh ginger, peeled and roughly chopped

1/4 oz fresh turmeric, peeled and roughly chopped

2 stalks lemongrass, bashed and thinly sliced

6 large kaffir lime leaves, shredded

5 whole cloves

1+1/2 teaspoons coconut sugar

generous pinch sea salt

2/3 cup + 2 tablespoons avocado oil

Curry -

2 tablespoons avocado oil

2 lb beef chuck steak, cut into 1+1/2 inch cubes

1/2 cup bone broth

2 cups coconut milk

6 kaffir lime leaves

2 stalks lemongrass, bashed and cut in half

2 tablespoons lime juice

chopped cilantro to serve

Make the curry paste. Put the ingredients into a food processor and blend until smooth.

Preheat oven to 300F.

Heat the oil in a Dutch oven and brown the beef in batches. Add the curry paste and cook, stirring frequently, for about 2 minutes until fragrant.

Add the bone broth and deglaze the pan with a wooden spoon. Add the remaining ingredients, except the lime juice and cilantro, and bring up to a simmer. Place a lid on the pan and cook for 2+3/4 hours until the meat is tender.

Remove the lid and return to the oven for a further 15 minutes.

Stir in the lime juice and serve with [cauliflower rice](#) (or white rice for Stage 4 reintroduction), and a sprinkling of chopped cilantro leaves.

