



## KUMAR'S

### 酷玛印尼风味Rendang牛腩

#### RENDANG



#### 原材料

- 1公斤炖牛腩切小块
- 350克Rendang调味酱
- 50克油
- 200毫升牛肉高汤
- 100克洋葱切碎
- 100克胡萝卜切块
- 100克大葱切碎

#### 烹饪方法

- 将调味酱、牛肉高汤和油混合，加入牛腩和蔬菜配料，放入预热过的烤箱，以160摄氏度炖3个小时直至牛肉软嫩。

#### 其他做法：

- 锅里放油，大火煸炒牛腩。加入调味酱和蔬菜配料，关小火继续烹饪2个半小时，直至肉质变软。



#### INGREDIENTS

- 1kg stewing beef cut in small pieces
- 350g rendang paste
- 50g oil
- 200ml beef stock
- 100g chopped onion
- 100g chopped carrot
- 100g chopped leek

#### PREPARATION

- Mix together the rendang paste with the beef stock and oil.
- Add the rendang mixture to the beef and add the vegetables.
- Cook in the oven at 160°C for 3 hours or until tender.

#### Alternatively:

- Stir fry the beef in the oil, add the rendang mixture and vegetables and cook for about 2.5 hours until the meat is tender.