

Culinary delights
with
PALM OIL

Rendang lamb shank



Traditionally served alongside compressed rice cakes known as ketupat, rending has blazed a trail of culinary history throughout Asia. Its origins date back to the Minangkabau tribe of Indonesia, through it is now enjoyed in many other countries. Malaysians especially, take great delight in rendang during mealtimes, though it is commonly associated with Malay festivals and religious holidays. Here, a rather special cut of meat is utilised: lamb shanks, which accompanied by thin layers of fat, make for an exceedingly delightful.

INGREDIENTS



- 5 lamb shank
- 250 g chili paste
- 3 kaffir lime leaves
- 2 turmeric leaves
- 50 g brown coconut paste
- 180 g coconut milk
- Palm oil for sautéing

METHOD



To cook rendang lamb shank.

Heat up oil in large pot, then add in star anise seeds, cardamom pods, cloves, cinnamon sticks, and lemongrass to sauté. When the spices begin to fry, add in blended shallot, garlic, ginger and candle nut mixture, and continue to sauté for another 5 minute until slightly brown.



Kapitan curry chicken

INGREDIENTS



TO SAUTE

5 star anise seeds
3 cardamom pods
5 cloves
2 cinnamon sticks
3 lemongrass stalks, smashed

TO BLEND TOGETHER

200 g shallots
1 50 g garlic
200 g ginger
50 g candle nut

METHOD



To make Kapitan chicken curry

Add chili paste, kaffir lime leaves, turmeric leaves, brown coconut paste, and coconut milk. Pour in sum water and simmer until the rendang thickens slightly. Season with salt to taste, then set lamb shanks in them to braise until tender. This should take about 2 hours.

Serve warm with ketupat or rice.