

Indonesian rendang curry with tofu, veggies and rice

(4 portions, comes together in ~30-40 minutes)

You will need:

Sauté pan or saucier (medium to large size)

Knife and cutting board

Medium pot for cooking rice

Oil

Sieve for rinsing rice (optional, can rinse and carefully drain in rice pot)

Salt

Ingredients:

1-2 mini sweet pepper(s)

1 shallot

1-2 stalks of yu choy

1 curry packet

1 can coconut milk

1 package tofu

1 cup of jasmine rice

Mise en place (prep):

Rinse yu choy and pepper(s), trim

Peel and slice shallot

Cut your pepper(s) in half, lengthwise, then remove seeds and stem, then julienne

Chop your yu choy into ~1.5-inch pieces

Rinse your rice 2-3 times in sieve until water comes out clear (or rinse and carefully drain using your pot, 3x)

Drain tofu and cut into cubes

Cooking Instructions:

In a pot, add rinsed rice, 1.25 cups of water, and a pinch of salt (if you want your rice softer, add an extra ounce or two of water here). Bring to a boil. Once boiling, reduce heat to low, cover, and let simmer for 12 minutes (set a timer). After your 12 minutes, turn off the heat and leave covered on the burner for an additional ~15 minutes. Fluff with a fork.

After your rice has been cooking for approximately 7-8 minutes, heat your sauté pan/saucier over medium-high heat on a separate burner until hot and then add 1 tbsp oil.

Add sliced shallot to the pan and cook for approximately 1-1.5 minutes until fragrant. Stir frequently to avoid burning.

Add pepper(s) and continue sautéing for 1 minute. Season veg with a pinch of salt. Stir.

Add curry paste and stir for 30 seconds. Then, immediately add tofu cubes and coconut milk. Stir, bring to a boil, add yu choy, then reduce heat to medium.

Cook and stir occasionally until curry sauce is reduced and thickened. Rendang is traditionally cooked until dry, however you may decide to keep it a touch thinner (wetter), so it still coats the tofu nicely. FYI, it is better to cook it down more and then thin it out with water or stock to achieve your desired consistency, versus not reducing it enough and developing good flavour.

Season with salt to taste.

Serve in bowls (or on plates) with rice and enjoy! Garnish with any of the following: wedge of lime, fresh cracked black pepper, pickled chilis, chopped peanuts, chopped cilantro, chopped scallions or chives, kaffir lime leaves.

Optional:

Taste your curry while in the final minutes of cooking and follow what feels right! Feels like you want it a bit sweeter? Tweak with a pinch or two of sugar (or honey). More umami? Try a dash or two of fish sauce. Want it spicy? Add some crushed red chili, or fresh bird's eye chili. (Beware, bird's eyes are hot—make sure to wash your hands after chopping!)