

Jackfruit and Red Bean Rendang

Ingredients

65g garlic (20 small cloves garlic) peeled
125g shallots (5 shallots) roughly chopped
15g turmeric (2 small fingers) roughly chopped
35g fresh ginger (2 large fingers or a 5cm piece)
¼ cup macadamia nuts
½ tsp white pepper
1 tsp coriander powder
3 cardamon pods (seeds removed)
¼ tsp freshly grated nutmeg
1 tbsp tamari
chilli (optional)

For the curry

5 bay leaves
4 makrut leaves (formerly known as kaffir lime leaves)
1 cinnamon stick
3 cloves
1 whole star anise
Salt to taste
2 cans coconut milk
2 cans jackfruit
120g dried adzuki or kidney beans
2 tbsp avocado oil (optional)
1 lemon or lime cut into wedges
2 stalks lemon grass

Method

1. Cook the beans until soft.
2. Add the paste ingredients to a blender and blend until smooth.
3. Add paste ingredients to pan and cook for 2 to 3 minutes. You can add oil at this stage if you are using.
4. Add the coconut milk, bay leaves, makrut leaves, cinnamon stick, star anise and salt to taste and cook on a low heat for 30 minutes.
5. Meanwhile strain the jackfruit from the can. You can keep the jackfruit in big pieces or separate a little.
6. Remove the lemon grass, makrut and bay leaves, cinnamon stick, cloves and star anise and add the jackfruit and cooked beans and simmer for 10 to 20 minutes or until the liquid has reduces.
7. Serve with lemon or lime wedges, black rice and steamed veg.

Veet Karen