

## Dendeng Balado (Indonesian Beef with Chilli)

**Season:** Summer/Autumn

**Serves:** 18 tastes in the classroom  
or 3 serves at home

**Fresh from the garden:** red chilli, shallots, tomatoes

**Recipe source:** Thank you to Aeri who participated in a school food roundtable with the Centre for Multicultural Youth.

This dish from West Sumatra, Indonesia, features a thinly sliced beef coated in a delicious chilli and shallot mix. For a vegetarian alternative, the beef can be easily swapped for eggplant, which absorbs the bold flavours beautifully.

### Equipment:

metric measuring scales,  
and spoons  
2 clean tea towels  
2 chopping boards  
cook's knife  
small knife  
large pot  
large frying pan or wok  
wooden spoon  
mortar and pestle

### Ingredients:

500 g lean beef  
1 pinch salt  
25 curly red chillis  
6 shallots  
10 tomatoes  
1 tbsp oil  
1 cube chicken bouillon  
1 tsp vinegar



### What to do:

1. Boil beef with salt until tender.
2. Slice the beef into 10 pieces.
3. Using a mortar and pestle, grind chilli and shallots roughly
4. Heat oil in wok and add beef, chilli and shallots
5. When half cooked, add tomatoes then mix until cooked
6. Add chicken bouillon and vinegar, and simmer until reduced.

