



Daging Dendeng Balado

by Chef Mel Dean

SERVINGS

4

PREP TIME

25 minutes

COOKING TIME

25 minutes

INGREDIENTS

Topside beef, 450g (thinly sliced 0.5cm)

Cumin seeds, 1 teaspoon

Coriander seeds, 1 teaspoon

Fennel seeds, 1 teaspoon

Turmeric powder, 2 teaspoons

Canola oil*, 2 tablespoons

Lower-sodium salt*, 1 teaspoon

For the balado sambal

Red chilli, 15–20

Chilli padi, 5

Shallots, 5

Garlic, 3 cloves

Canola oil*, 2 tablespoons

Lower-sodium salt, ½ teaspoon (adjust to taste)

Sugar[^], 1 teaspoon (adjust to taste)

Lime, 1 (juiced)

To Garnish

Fresh coriander leaves

METHODS

1. In a dry pan over low heat, gently toast cumin seeds, coriander seeds and fennel seeds until fragrant. Transfer to a pestle and mortar and pound coarsely for a rustic texture.
2. Coat beef slices with the coarsely pounded spices, turmeric powder, canola oil and lower-sodium salt. Rest for 10 minutes.
3. Arrange beef slices in a single layer and air fry at 180 degrees Celcius for 8–10 minutes until edges are caramelised but beef remains tender.
4. Using a chopper, pulse red chilli, chilli padi, shallots and garlic to a coarse texture. Do not blend smooth.
5. Heat canola oil in a pan on medium heat. Add the coarse sambal mixture and sauté for 10 minutes until aromatic and colour deepens.
6. Add lower-sodium salt, sugar and lime juice. Taste to ensure balance of spicy, savoury and tangy.
7. Add the air-fried beef to the sambal. Fold gently to coat. Sambal should cling to the beef in a thin, glossy layer.
8. Garnish with whole coriander leaves and serve immediately.

* Choose products with the Healthier Choice Symbol

[^] For a lower-calorie option, you can replace with sugar substitutes like stevia or sucralose

- Toasting whole spices and pounding them coarse gives a deeper rustic aroma.
- Air frying retains tenderness while creating the traditional dendeng chew.

