

Punch up this dish’s fabulous flavors by serving with traditional condiments like banana, sweet mango chutney, dried coconut, and fresh cucumber yogurt sauce.

Ingredients:

* **3 pounds boned, fat-trimmed beef chuck**
* **2 onions (1 lb. total), peeled and chopped**
* **1/4 cup curry powder**
* **2 tablespoons mustard seed**
* **1 tablespoon minced garlic**
* **1 teaspoon ground dried turmeric**
* **2 cups fat-skimmed beef broth**
* **1 1/4 pounds Roma tomatoes, rinsed, cored, and chopped**
* **2 tablespoons minced fresh jalapeño chilies**
* **2 tablespoons minced fresh ginger**
* **1 firm-ripe banana (about 5 oz.), peeled and thinly sliced**
* **About 1/2 cup mango chutney**
* **About 1/3 cup sweetened shredded dried coconut**
* **Cucumber Yogurt Sauce**
* **About 6 cups hot cooked rice**
* **Salt**

**Method:**

1. **nse beef, pat dry, and cut into 1-inch chunks. In a 5- to 6-quart pan, combine beef, onions, and 1 cup water. Cover and bring to a boil over high heat; reduce heat and simmer 30 minutes. Uncover, turn heat to high, and stir often until liquid evaporates and meat and onions are lightly browned, 5 to 7 minutes. Spoon out and discard any fat.**
2. **Add to pan the curry powder, mustard seed, garlic, and turmeric; stir until spices are more fragrant, about 1 minute. Add broth, tomatoes, chilies, and ginger; stir to free browned bits. Return to a boil, cover, reduce heat, and simmer until meat is very tender when pierced, 2 to 2 1/2 hours.**
3. **Put banana, chutney, coconut, and cucumber yogurt sauce each in separate small bowls.**
4. **Ladle beef curry over rice on plates. Add banana, chutney, coconut, cucumber yogurt sauce, and salt to taste.**

[source:](http://www.myrecipes.com/recipe/south-african-beef-curry-10000000682610/)