

# Curried Beef and Bananas

Servings : 4

Amount	Measure	Ingredient - Preparation Method
2	tablespoons	vegetable oil
1		onion - chopped
1	pound	sirloin steak - diced
3	small	serrano pepper - stemmed and seeded, chopped
		salt
1	tablespoon	Malawi Curry Powder
1	teaspoon	freshly ground cloves
3	large	tomatoes - chopped
3	cups	water
4		unripe bananas - quartered lengthwise and cut into 2-inch slices

Heat the oil in a skillet and saute the onion until it is light brown, about 5 minutes. Add the steak and saute for 1 minute, then add the chiles, salt, Malawi Curry Powder, and cloves. Saute for 10 minutes, stirring constantly.

Add the tomatoes and the water and simmer, uncovered, for 40 minutes, stirring occasionally. The sauce should be reduced considerably. Add the bananas and cook until both the meat and bananas are tender, 20 minutes or more.

Serve with rice.

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# Malawi Curry Powder

Amount	Measure	Ingredient - Preparation Method
10	small	dried red chiles, such as piquin or santakas - stemmed and seeded
3	tablespoons	coriander seed
1	tablespoon	whole black peppercorn
3	tablespoons	poppyseeds
2	teaspoons	mustard seed
1	tablespoon	cumin seed
1	tablespoon	ground turmeric
10	whole	clove
2	teaspoons	ground cinnamon

Combine all ingredients in a spice mill and grind to a fine powder. Store in an airtight jar.

Yield: "3/4 cup"