

2 TBL canola oil or ghee.
2-3 lb Beef stew chunks, pat-dried with paper towels.
3 TBL olive oil
2 medium onions, thinly sliced
2 TBL ginger, minced
8 cloves of garlic, minced
2-6 tsp Durban Curry (for mild to hot)
2 tsp turmeric ground
1 green (or tart/sweet) apple, peeled, cored and chopped
½ cup dried apricots, rehydrated and chopped (optional)
1 sweet red pepper, chopped
½ lb carrots, peeled and sliced
1 ½ cups chicken stock or water
1 lb green beans, trimmed and cut into 2-inch pieces.
salt to taste

Scallions

Durban Curry

1 - In a dutch oven over medium heat, add canola oil or ghee, then brown beef several sides for about 10 minutes. Remove from pot and set aside.

2 - Add olive oil to dutch oven, Sauté the onions in the oil until translucent for about 10 minutes.

3 - add ginger and garlic, Sauté for 2 minutes.

4 - Add Durban Curry and turmeric, Sauté for 2 minutes.

5 - Add apple and apricots (if using), cook for 2 minutes.

6 - Add pepper and carrots, cook for 2 minutes.

7 - add stock, bring to boil. Reduce heat to a simmer, cover and cook gently for 1.5 - 2 hours or until beef is tender.

8 - Add green beans, cover and simmer for 10 -15 minutes or until beans are tender. Adjust seasoning.

9 - If you want to serve Bunny Chow, cut the top off a round loaf of crusty bread, hollow it out and pour in the curry. Rip off pieces of the crust to scoop up the sauce or alternately, just serve with slices of crusty bread.