

Goat Recipes

JAMAICAN CURRY GOAT

- 2 lbs bone-in goat, cut in chunks
- ¼ cup cooking oil
- 1 TSP minced garlic
- ½ of a medium onion sliced
- 2.5 TBSP Curry powder
- ½ TSP white pepper
- 1 TSP fresh thyme
- 1 green onion sliced
- 2 medium potatoes
- ½ TBSP tomato paste
- Half a scotch bonnet pepper (adjust to taste)
- ½ TBSP Bouillon powder (optional)
- Salt and pepper to taste



Season goat with salt and pepper. In a large pot, sauté goat in oil over medium heat stirring frequently until goat is brown. Add curry, stir for about 1-2 minutes. Add the garlic, white pepper, onion, thyme, tomato paste, green onion and scotch bonnet pepper stir 1 minute. Pour in just enough water to cover the goat and bring to a boil and let it simmer until tender about 2 hours or more, stirring the saucepan occasionally and adding more water as needed. About 15-20 minutes before you remove from the stove add potatoes and bouillon powder. Continue cooking until potatoes are tender.

GRILLED GOAT KABOBS

- 1.5 lbs goat leg or sirloin, cut into 1-inch chunks
- 1 TSP cumin seeds
- ¼ cup pomegranate molasses
- ½ cup yogurt
- 3 garlic cloves
- 1 TSP dried oregano
- 1 TSP salt
- ½ TSP ground cinnamon
- ½ TSP ground black pepper
- 1 bell pepper, cut into chunks
- Pita bread



Yogurt tomato sauce:

- ½ cup yogurt
- 1 tomato, diced
- Several leaves fresh mint, chopped

Toast cumin seeds then grind to a paste with garlic, salt, pepper, oregano and cinnamon. Mix with pomegranate molasses and yogurt. Add goat meat and rub to coat pieces evenly. Refrigerate at least 1 hour. Preheat grill to medium-high. Remove goat from marinade. Thread goat pieces and pepper pieces on skewers. Grill, turning frequently, for 5-7 minutes for medium-rare. Serve with yogurt-tomato sauce and warm pita bread.

GOAT CALDERETA

- 2 lbs bone-in goat meat, shanks, neck or shoulder
- 3 cloves garlic; minced
- 1 med onion; chopped
- 1 potato; quartered
- 1 carrot; cut in slices
- 1 8 oz can pineapple chunk
- 1 can tomato sauce (8 oz)
- 1 red bell pepper; sliced
- 1 tomato; cut in slices
- 2 ounces ground liver (optional)
- 1 TBSP pickle relish (optional)
- 1 TBSP peanut butter (optional)
- 10 green olives, sliced (optional)
- 2 TSP cornstarch (dissolve in 1/4 cup water)
- 3 pcs bay leaves
- ½ cup vinegar
- 2 cups water
- Salt and pepper taste
- Cooking oil



Marinate meat in vinegar, salt and pepper for at least one hour. Sauté garlic and onion till soft then add the marinated goat. Stir fry till color turns light brown. Add the tomato sauce and pineapple juice (reserve chunks for later) and simmer for 3 minutes. Add water and cook over low heat until meat is tender (2 to 3 hours). Add potato, carrot and pineapple chunks and the rest of the ingredients. Simmer stirring occasionally until potatoes are cooked.

GOAT MEAT BURGERS



1 lb ground goat
1 medium sweet onion, chopped fine
1 TSP dried rosemary
1 TSP dried thyme
1 TSP dried cilantro
1 TSP ground cumin
1 TSP sea salt
Ground black pepper
2 TBSP Dijon mustard

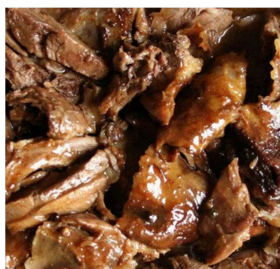
1 TBSP Worcester Sauce
5 TBSP Olive or Cooking Oil
1 TBSP butter

Fry onion in 2 TBSP of oil until nicely browned and caramelized. Cool. Thoroughly mix ground goat, cooled onions, rosemary, thyme, cilantro, cumin, salt, pepper, mustard and Worcester sauce. Shape into 4 patties. In a cast iron skillet heat the remaining olive oil and the butter over medium-to-high heat. Cook the patties in oil and butter until medium, about 10 minutes on each side.

Serve in hamburger buns with a slice of cheese and fresh lettuce, and your favorite condiments.

BRAISED GOAT SHOULDER

2 to 3 lb boneless goat shoulder
Kosher salt
Black pepper
1-2 TSP sweet smoked paprika
Cooking oil
1 medium onion, chopped
1 cloves of garlic, chopped
3 stalks of celery, diced
2 to 3 small carrots, diced
½ cup dry white wine
2 TBSP sherry vinegar, or white wine vinegar
3 cups chicken stock



Rub goat with salt, pepper and light dusting of paprika. Let marinate in fridge 1 to 2 hours. Remove from fridge 30 minutes before cooking.

Preheat oven to 275°F

Brown goat on all sides in the oil in a large dutch oven. Remove from pan then cook onion, garlic, celery, and carrots in the pan on medium-low for about 5 minutes. Add white wine and sherry vinegar and cook for 3 minutes. Add chicken stock and return goat to the pan. Cover dutch oven with circular piece of parchment paper and no lid OR use the dutch oven lid loosely placed (partially uncovered) so as to allow steam to

release. You don't want it to boil. Place in pre-heated oven and cook until tender turning the meat ever hour or so. Cooking time will vary between 3 and 5 hours.

GOAT KOFTA KABOB

1 lb. ground goat meat
1 TSP salt
1 TSP sumac powder
1/2 TSP black pepper
1/2 TSP allspice
1/8 TSP ground cloves
1/8 TSP cinnamon
1/4 cup white onion finely minced
1 medium cayenne pepper finely minced (optional)



Mix ground goat meat with spices. Add minced onion, and cayenne pepper. Marinate in refrigerator at least a few hours, or overnight. Form into four flat kabob skewers.

Grill kabobs until cooked to your liking, turning only once. Don't overcook.

ROAST LEG OF GOAT

1 boneless goat leg appx 3 to 4 lbs
Flavorless, high heat cooking oil, like grape seed
Aromatic herbs like rosemary, sage and thyme, finely chopped to yield ¼ cup
1.5 to 2 TSP kosher salt
1 TSP ground black pepper, or more to taste



Season meat with salt, pepper and herbs inside and out. Roll the leg up tightly and tie with kitchen twine. Let sit in fridge a few hours or overnight. Bring the meat to room temperature before cooking.

Preheat oven to 250 °F. Place roast in oven. After 1 hour take the temp in the middle of the roast with a thermometer. Keep cooking until the internal temperature reaches 130 °F for medium rare. Remove from oven and allow to cool on rack for 15-20 minutes. Heat a few tablespoons of oil in cast iron pan on high. When the oil starts to smoke gently, reduce the heat to medium-high and brown the roast deeply on all sides. Transfer to a cutting board, remove the twine, cut into slices with a sharp knife and serve immediately.