

Cooking goat meat

<http://britishboergoatsociety.co.uk/recipes-2/recipes/>

Goat is a lean meat, so for the best results cook slowly on a low to medium heat, keeping it moist.

Curried goat

Ingredients

- 1 kg lean goat meat, cut into large chunks
- ½ lime, juice only
- 2 tbsp mild curry powder
- 2 tbsp all-purpose seasoning
- 6 tbsp groundnut oil
- 425 ml vegetable stock
- 1 onion, roughly chopped
- 2 cm piece fresh root ginger, finely chopped
- 1 red chili or scotch bonnet pepper, chopped
- 2 cloves garlic, finely chopped
- 10 allspice berries
- ½ red pepper, seeds removed, cubed
- ½ green pepper, seeds removed, cubed
- 2 spring onions, green parts only, roughly chopped
- 2 waxy potatoes, cut into chunks
- 2 tbsp chopped flat-leaf parsley
- 2 tbsp chopped fresh coriander
- boiled rice, to serve

1. Place the goat into a large bowl and add the lime juice, curry powder and all-purpose seasoning. Mix well to coat the meat in the seasoning, then cover with cling film and marinate in the fridge for four hours.
 2. Heat a large non-stick casserole or heavy-based pan until very hot, then add the groundnut oil. When the oil is nearly smoking, add the goat and turn the meat in the oil until well coated.
 3. Cover the pan with a lid and turn the heat down to low. Cook for 45 minutes, checking the meat every so often to ensure it isn't browning too much on the bottom.
 4. Increase the heat, add 150ml of the stock and bring to the boil. Turn the heat back down and simmer for another 45 minutes. Add another 150ml of stock and cook for a further 45 minutes.
 5. Add the onion, ginger, chili, garlic and allspice berries and stir gently. Add all of the remaining ingredients except for the potato, herbs and rice. Bring to the boil, then turn the heat down, cover and cook for another two hours, stirring occasionally. Add more stock if the mixture seems too dry.
 6. About 20 minutes before the end of cooking time, add the potatoes. When the potatoes are cooked and the goat is very tender, season to taste with salt and freshly ground black pepper.
 7. To serve, spoon the curry alongside some boiled rice and garnish with the fresh chopped herbs.
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Cutlets in a spiced orange and tomato sauce

Ingredients

- 4 chops of goat meat
- olive oil, for frying
- 1 heads celery, cut into 2.5cm-thick diagonal slices
- 1 small handfuls shallots, peeled and sliced thickly
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 heads garlic, finely chopped
- 1 small red chilies
- 400 g tinned plum tomatoes
- 1 pinches saffron
- 1 generous splashes madeira
- 125 ml orange juice
- 500 ml light chicken stock
- 1 bunches fresh coriander, leaves removed from stalk, both retained and leaves finely chopped

1. Preheat the oven to 140C/gas 1.
2. Heat a little olive oil in a large ovenproof braising pan over a medium heat and brown the goat chops on both sides, then remove from the pan and set aside.
3. Add the celery and shallots to the same pan and color in the olive oil.
4. Add the cumin and coriander seeds, garlic and chili and stir well, coating the onions and celery. Stir in the tomatoes and cook for 1 minute, stirring until well combined.
5. Add the saffron, a large glug of Madeira, the orange juice and the stock, stir well and bring to the boil.
6. Return the goat to the pan. Add the coriander stalks to the pan. Season well with salt and freshly ground black pepper.
7. Transfer the pan to the oven and cook, uncovered, for 1 hour or until meat is very tender.
8. Remove the pan from the oven and set the goat meat to one side.
9. Reduce the sauce, if necessary, over the hob, then strain through a sieve and remove the coriander stalks.
10. To serve, arrange the goat chops on plates, pour over the sauce and sprinkle with half of the chopped coriander. Stir the remaining coriander through the herbed couscous and serve with the goat.

Easy pot roast

Ingredients

- 5 pound goat shoulder
- 2 cups water
- 1 large onion
- 2 cloves garlic
- Worcestershire sauce
- Salt
- Pepper
- 5 medium potatoes

1. Put goat meat into roasting pot with water. Sprinkle well with salt, pepper and Worcestershire sauce.
2. Add chopped onion and garlic.
3. Put on lowest heat on stove. Cook for 5 hours.
4. Add potatoes 1/2 hour before serving.

Fijian goat curry

Ingredients

- 8 cloves garlic
- 1 tsp ground fenugreek seeds
- 1 tsp coriander
- 1 tsp black mustard seeds
- 2 tsp cumin
- 2 tsp turmeric
- 1 large red chili, de-seeded and roughly chopped
- 1 tsp cayenne pepper
- 2 tbsp curry powder
- 1 tsp granulated sugar
- 3 lime zest, strips with pith removed
- 1 limes, juice
- 1 small bunch of coriander
- 900 g goat meat, trimmed and cut into 2.5cm cubes
- 2 medium carrots, peeled and cut into 1cm cubes
- 3 large potatoes, peeled and cut into 2cm cubes
- 200 ml bio low-fat plain yogurt
- 1 pinch freshly ground salt and black pepper

Method

1. Put the garlic, spices, sugar, lime zest, and juice in a food processor with 125ml of water and half of the coriander. Blitz until you have a smooth paste.
2. Stir one heaped tablespoon of the paste into another 125ml of water in a saucepan and cook for five minutes or so, until the mixture is thick.
3. Add the goat meat to the pan and mix well. Return to the heat and then cover and simmer for 30 minutes.
4. Stir in half of the shallots and all of the carrot. Cover again and cook for a further 15 minutes.
5. Add the potatoes and continue cooking for about 15 minutes more, until the potatoes are tender and the curry is thick.
6. Just before serving add the remaining onion the yoghurt and sprinkle over the remaining coriander.
7. Serve with boiled rice, raita and mango chutney on the side.

Goat Brochettes

Ingredients

- 500 g fillet goat meat, cubed
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp chili powder
- 2 tsp turmeric
- 1 small red chili, finely chopped
- 2 cloves garlic, finely chopped
- 2 tbsp acacia honey
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar

1. Soak the wooden skewers in water for about 30 minutes, to prevent them burning. Thread with the meat pieces.
2. Mix the spices, chili, garlic, honey, olive oil and vinegar together.
3. Pour over the brochettes and leave to marinate for 20 minutes.
4. Grill for 5-6 minutes, turning regularly, until cooked. Serve immediately.

Goat moussaka

Ingredients

- 4 tbsp olive oil
- 2 aubergines, sliced, about 5mm thick
- 1 large onion, diced
- 2 cloves garlic, finely chopped
- 2 sprig of rosemary, leaves finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground cinnamon
- 450 g goat meat, minced
- 400 g canned chopped tomatoes
- 200 ml chicken stock
- 1 handful mint, chopped, plus extra to garnish
- handful fresh coriander, chopped
- 4 tomatoes, skinned and sliced
- 25 g butter
- 25 g plain flour
- 250-300 ml whole milk
- pinch nutmeg

Method

1. Heat 2 tablespoons of the oil in a large frying pan. Add the aubergine slices and fry for about 5 minutes, turning occasionally, until browned. Remove and set aside.
2. Pour the remaining 2 tablespoons of oil into the frying pan and tip in the onions. Cook gently over a low-medium heat until softened and translucent. Stir in the garlic, rosemary, cumin, coriander and cinnamon and fry for 1 minute. Add the goat mince and cook for a few minutes, stirring to break it all up and until it is no longer pink. Tip in the tinned tomatoes and stock and bring to the boil. Simmer gently for 10 minutes.
3. Preheat the oven to 180C/160C fan/gas 4. Stir the mint and coriander into the mince mixture and season to taste.
4. Lay half the aubergine slices, slightly overlapping, in the bottom of a large ovenproof dish. Spoon the goat mince mixture over them, then top with the tomato slices and the rest of the aubergine.
5. Melt the butter in a separate saucepan, then stir in the flour and cook, stirring occasionally, for 1-2 minutes over a medium heat, or until the mixture resembles ground almonds. Remove from the heat and gradually stir in the warm milk, a little at a time, whisking constantly to make a thin, smooth mixture. Return to the heat and cook, stirring all the time, until thickened. Finish with a little nutmeg and seasoning.
6. Spoon this sauce over the top of the moussaka and bake for 30-40 minutes until golden. Serve garnished with chopped mint leaves.

Jamaican curried goat

Ingredients

- 1 kg goat meat
- 1 tbsp vegetable oil
- 2 large onions, chopped
- 2-3 sprigs thyme
- 2 cloves garlic, finely chopped
- 2 spring onions, chopped
- 1 scotch bonnet pepper, (whole)
- 2 tsp curry powder
- 1 tbsp tomato ketchup
- 1 tsp ginger, finely chopped
- water, to cover
- 2 large carrots, cut into cubes
- 1 large potato, cut into cubes
- rice and peas, to serve

Method

1. Wash the meat under cold running water and cut into small chunks.
2. Heat the vegetable oil in a large lidded frying pan, seal the meat until browned all over, add the onions and fry until golden-brown.
3. Add the thyme, garlic, spring onions, scotch bonnet pepper, curry powder, tomato ketchup, ginger, salt, freshly ground black pepper and water to cover, and put the lid on.
4. Simmer until nearly tender (about 1 hour – 1 hour 30 minutes).
5. Add carrots and potato to the pan and simmer for a further 10 minutes, or until the meat, carrots and potato are all tender.
6. Serve with Jamaican rice and peas

Mauritian-style curry

Ingredients

- 1kg goat shoulder (or other braising cut)
- 3 tbsp olive oil
- ½ tsp turmeric
- ½ tsp ground cumin or cumin seeds
- ½ tsp mustard seeds
- 1 cinnamon stick
- 2 star anise
- 4 cardamom pods, lightly crushed
- 1 tsp unrefined light brown sugar
- 1 x 400g tin chopped tomatoes
- 400ml chicken stock or water
- A handful of coriander leaves, for garnishing

Chili paste

- 1 small onion , roughly chopped
- 4 garlic cloves , peeled
- 4 small seeded chilies , roughly chopped
- 3cm piece ginger, roughly chopped
- generous pinch sea salt
- 3 tbsp groundnut oil

1. To make the chili paste, put all the ingredients into a small food processor and whizz to a fine paste.
 2. Stop the machine and scrape down the bowl two or three times to ensure it's all evenly ground.
 3. Scrape the paste into a small bowl and set aside.
 4. For the curry, cut the goat shoulder into small, bite-size chunks and season with salt and pepper.
 5. Heat half the oil in a wide saucepan. Fry the meat in two batches until golden brown all over.
 6. After each batch, remove to a plate and set aside.
 7. Tip the chili paste into the pan and stir over medium heat for 2-3 minutes until fragrant.
 8. Add the dried spices, sugar and curry leaves, if using. Continue to stir for another minute.
 9. Add the chopped tomatoes and stock to the pan and stir well.
 10. Reduce the heat, cover the pan and cook slowly for 3-4 hours until the meat is just tender.
 11. Remove the lid and skim off the excess oil.
 12. Gently simmer for another 20-30 minutes until the curry has reduced and thickened.
 13. The meat should be very tender.
 14. Season to taste and top with coriander leaves
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T4 Ranch El Rancho Grande Roast Cabrito

- Place one kid goat with hams and shoulders on bottom of roasting rack top with the ribs and backstrap or tenderloin. Make a basting sauce of the following: **One kid goat**
- 1 stick of butter, we prefer unsalted butter for the sweet taste
- 2 cloves of fresh garlic, minced
- 1 Teaspoon Salt Juice of one lime
- 1 Tablespoon Soy Sauce
- 1 Tablespoon Worcestershire Sauce
- 1 Tablespoon Celery Salt
- 1/2 Teaspoon each, Rosemary, Basil, Savory and Oregano
- 1/2 Teaspoon Black Pepper

Melt butter in microwave and add the garlic, salt and lime juice. Heat thoroughly in microwave. Add the rest of the ingredients. Pour over cabrito and roast for about 3-4 hours covered with foil, basting often with the sauce in the roasting pan. After 4 hours, uncover and baste thoroughly and cook in oven an additional 45 minutes to 1 hour. This will cause the meat to crust over. Baste with the sauce as often as you can. This will keep the meat from drying out. Carve and serve with fresh pico de gallo and sliced avocado.

Source <http://www.t4ranch.com/recipes.html>

Gourmet Cabrito

- 1 whole cabrito
- 1 lb. real butter
- 1 cup green onion chopped
- 2 T black pepper
- 1 tsp. white pepper
- 1 T salt
- 1 cup white cooking wine (dry)
- 3 T lemon juice
- 4 cloves fresh baked garlic
- 1 mesquite fire

Simmer butter, lemon juice, wine, pepper, salt, onion and garlic in a sauce pan for about 15 minutes, until the flavors have blend well. Wash the goat with cold water and pat dry with paper towels. Place goat meat in a large pan and baste with 1/2 to 3/4 of the sauce. Cover and cook at 250 F for about four hours, until almost done. Then place goat on coals of a mesquite fire. Baste with the butter sauce and let it smoke until tender and done.

Cabrito al Pator (broiled kid)

- 2 Kids [baby goats], 6 1/2 to -8 1/2 lbs each
- 3 tb Salt
- 1 c Mild vinegar

For the garnish:

- 2 c Guacamole (recipe -separately)
- 3 tb White onion, chopped
- 1 c Tomato, finely chopped
- 3 tb Cilantro, finely chopped
- 3 tb Chiles serranos, finely -chopped
- 1 Recipe Frijoles de Olla, -mashed (recipe separately)
- 1 1/2 c Mozzarella OR Monterey Jack - cheese, freshly grated
- 16 Totopos (crisply fried -tortilla wedges)

For the kid:

Put kids in a large stockpot, and cover with water. Add salt and vinegar. Set aside for 2 hours. Meanwhile, build a pile of mesquite wood on the ground, and burn down to white coals. Remove kids from water and thread on spits.

Arrange over the hot coals, and roast for 2 to 3 hours, depending on the kids' weight, basting occasionally with a little salted water.

Turn spits continuously so that the meat cooks evenly, or use a rotisserie. Add more white coals if necessary.

To serve, cut kid in pieces, and place on plates. Garnish with guacamole, onion, tomato, cilantro, and chiles.

Serve with Frijoles de Olla sprinkled with cheese, totopos, and Pico de Gallo sauce. The kid may be shredded and used in fried tacos.

Makes 8 servings.

Goat Rancher Editor Terry Hankins Too-Easy Pot Roast

5 pound goat shoulder

Worcestershire sauce

2 cups water

Salt

1 large onion

Pepper

2 cloves garlic

5 medium potatoes

Put goat meat into roasting pot with water. Sprinkle well with salt, pepper and Worcestershire sauce. Add chopped onion and garlic. Put on lowest heat on stove. Cook for 5 hours. Add potatoes 1/2 hour before serving.

Chevon Chops Jalapeno

- 4 goat shoulders, inch thick, round bone or blade
- 1 tsp. salt
- 1/2 tsp. ground pepper
- 1/2 tsp. ground cinnamon
- 1 8-oz. can crushed pineapple in juice
- 1/2 cup jalapeno jelly (can substitute apricot jam)
- 1/4 cup fresh lemon juice
- 1 T prepared mustard

Sprinkle the shoulders with a mixture of salt, pepper and cinnamon. Combine remaining ingredients in small sauce pan. Bring to boil, stirring until jelly is melted. Broil or grill chops 4 inches from source of heat 8-10 minutes on each side. Spoon sauce on goat last 5 minutes of cooking time. Makes 4 servings.

Devine Goat Chops

- 1 Pkg McCormick's Meat Marinade
- 2 Tablespoons Chopped Garlic
- 4 Goat Chops or 6-8 French Cut Goat Chops

Mix McCormicks meat marinade according to package directions, using oil & water. Put in marinade pan & place chops in the marinade. Sprinkle with chopped garlic(fresh or refrigerated is best). Marinade for 4-24 hours. Place chops on hot grill or broil in oven. Delicious!

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Curried Goat

Serves 8-10

- juice of 1 lemon or 1 lime
- 4 pounds goat shoulder meat (NB this recipe does not require a high-quality cut)
- 2 heaped teaspoons allspice (nutmeg, cloves and cinnamon)
- 3 tablespoons curry powder
- 2-3 spring onions, chopped
- 2-3 onions, chopped
- 4 tomatoes, chopped
- 4-5 small red chilies, left whole
- 2 cloves garlic, finely chopped
- 2 knobs fresh ginger, finely chopped
- 1 teaspoon paprika
- salt and black pepper
- 2-3 sprigs thyme
- 1-2 bay leaves
- oil for frying
- 500 mL hot water
- 125 mL coconut milk

Wash the goat meat, adding the lemon or lime juice to the water.

Chop the meat into large chunks, keeping the meat on the bones to maintain a sweeter flavor.

Make a marinade of allspice, curry powder, spring onions, onions, tomatoes, chilies, garlic, ginger, paprika, salt and pepper.

Season the meat with the marinade and add the thyme and bay leaf. Ensure the meat is thoroughly covered with all the ingredients (Tip - The secret of Jamaican food is that marinating helps to absorb the flavors and cooking in the marinade gives extra flavor.)

Leave to marinate for 3-4 hours.

Remove meat from seasoning, shaking off any excess in the process. Reserve the marinade mixture because it is added again after frying and browning.

Fry the meat in oil until brown.

Add water and reserved marinade to meat and cook over a gentle heat for 1½ -2 hours.

Add coconut milk just before serving.

Serve with Rice and Peas or just plain rice.

Honey Glazed Goat Roast

Yield: 4-6 servings

- 1 rolled shoulder roast, about 2 lbs.
- Salt and pepper, to taste
- 3/4 cup brown sugar
- 1/4 cup honey
- 1/4 cup orange juice
- 1½ cup water

Preheat oven to 350o F. Place roast on a rack in a small, open roasting pan. Season the meat with salt and pepper. Cook for 30 minutes.

Prepare the glaze. Combine brown sugar, honey and orange juice; mix well. After 30 minutes, remove roast from oven and apply glaze evenly on all sides. Save some of the glaze for basting during cooking. Add water to bottom of pan to prevent glaze from sticking, and return roast to oven.

Continue roasting, uncovered, basting occasionally until desired doneness (about 60-90 minutes). Test with a meat thermometer: 140oF for rare, 160oF for medium.

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Mountain Goat Ranch

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Creamy Cabrito Soup

- 2 cups chopped leftover cabrito meat
- 1 can whole kernel corn
- 1 can sliced new potatoes
- 1 can sliced new potatoes
- 1 can cream of broccoli soup
- 1 can cream of potato soup
- 1 cup skim milk
- 1 1/2 cup water
- Salt & pepper to taste

Drain corn and potatoes and combine all ingredients. Simmer, stirring occasionally until desired consistency is reached. Serve

Bill's Goat Meat

- 2 TBS salad oil
- 2 lbs. **cubed goat meat**
- 1 tsp. salt
- 1.2 tsp. garlic powder
- 1/4 tsp. oregano
- 1/8 tsp. ground cumin
- 1 large onion, chopped
- 1 TBS flour
- 1 10-oz. can Rotel tomatoes and green chiles
- 1 10-oz can water

Brown meat in hot oil. Add salt, garlic powder, oregano, cumin and onion. Cook until onion is soft. Sprinkle flour over all and allow to brown, stirring constantly. Add tomatoes and water. Simmer uncovered for 40 minutes, stirring occasionally. Most of the liquid will be absorbed. Serves 6.

Cabrito Guisado (Kid Goat Stew)

- 4 lbs. kid goat meat cubed
- 1 T vegetable oil
- 2 tsp. salt
- 4 tsp. mixed spices (peppercorns & cumin)
- 3 garlic cloves
- 1 8-oz can tomato sauce
- 2 T flour
- 1/2 c. water

Brown meat in oil; add salt. Grind spices and garlic and add a small amount of water. Add spices, tomato sauce and enough water to cover meat. Simmer 30-40 minutes. Blend flour and 1/2 cup water. stir into meat to make gravy. A traditional blood pudding, Sangrita, also is prepared by following this recipe. Simply omit the tomato sauce and 1/2 cup water and substitute 1 cup kid goat blood. Mix with the flour and simmer 10 minutes. Serve with flour or corn tortillas. Serves 8-10

Chevon Burgers

- 2 lbs. ground chevon meat
- 8 oz. Bullseye Hickory Barbecue Sauce

Brush patties with sauce and grill or fry until cooked. Place on a bun and dress to your taste.

West Texas Cabrito Loaf

- 2 lbs ground cabrito
- 1/4 cup chopped bell pepper
- 1/4 cup chopped celery
- 1/4 cup chopped onion or dry onion flakes
- 1/4 cup shredded carrots
- 1 chopped Jalapeno (optional) fresh or canned
- 1 egg (beaten)
- 1 cup croutons, stale bread crumbs or stuffing mix
- 1 T each: salt, black pepper and garlic powder

Mix together and let stand five minutes. Add in 2 lbs. ground cabrito and mix well Pack into loaf pan. Bake at 350 for 1 1/2 hours. Remove from oven. Mix 1/4 cup catsup and 1/4 cup BBQ sauce and spread over the top of loaf. Bake another 5 minutes and remove from oven. Cool it and eat it. Serves four people normally.

Goat with Vegetable Sauce

- 2 lbs. of goat meat
- 1 Onion (chopped)
- 1 Tomato (chopped)
- 1/4 Jalapeno
- Garlic to taste
- 1 T. Colorific (Paprika for example)
- 1 T. Vinegar
- 1 T Butter
- Cumin to taste

Wash the goat meat in lemon juice and then put it in a bowl with boiling water on it to lose the smell. Put in the pan with all the ingredients (if possible let it marinate for one or two hours). Then turn the heat on until it starts to cook. Add water to cover it all. Keep checking the water. You don't want a soup, but you also don't want it to be without sauce. One tip: if you stick in a fork and see the meat is soft and there is plenty of sauce, you don't need to add any more water. Just let it cook and let the sauce get thicker. Serve with potatoes and white rice with the sauce over them.

Filet Goat

- 1 (6-8 lb) goat shoulder or ham
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1 tablespoon garlic salt
- 6 slices of bacon

Trim fat from shoulder or ham. Rub salt, pepper and garlic salt into surface of meat. Wrap bacon slices around meat. Place on large aluminum foil rectangle and wrap to form tight package. Chill unfrozen meat overnight in refrigerator; store frozen meat in refrigerator for 24 hours. Cook on gas grill over low heat for 2 1/2 hours.

Northern Chevon Stir Fry

- 3/4 lb. goat meat, cut into 1"x2" strips
- 3 T vinegar
- 4 T vegetable oil
- 1/2 c. chicken broth
- 1 large onion, chopped
- 1 bunch broccoli
- 3 medium carrots
- 10 mushrooms
- 2 tart apples

Marinate strips in mixture of vinegar, 2 T. oil and chicken broth, for 3 to 4 hours or overnight in refrigerator. Heat wok or electric frying pan until very hot.

Pour in the remaining oil. Add chopped onion to the pan and stir fry for 10 seconds. Add meat, removed from marinade. Cook 1 to 2 minutes, remove with a slotted spoon.

Pour marinade into the cooking pan. Add broccoli florets and carrot slices, cover and steam until tender. Return meat to pan. Add cubed apples and sliced mushrooms. Toss together until mixture is heated through.

Serve immediately over rice or pasta. Serves 8.

From the Ontario Goat Breeders Association

Italian Chevon Burger

- **4 unseasoned ground chevon patties**
- 8 tablespoons marinara sauce (any brand)
- Italian seasoning (the fresh or pasted kind in a tube is best, but dry will work)
- 4 slices of provolone or mozzarella cheese

Grill burgers until nearly cooked through. While remaining on the grill, spread 2 T of marinara sauce on each burger. Sprinkle with Italian seasoning & lay 1 slice of cheese over each burger. Leave on grill until cheese is melted

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Goat Meat Curry

- 3 lb. goat meat
- 2 cardamon
- 2-3 cloves
- 2-3 cinnamon sticks
- 3-4 bay leaves
- 1 teaspoon whole black pepper
- 1/4 cup oil
- 4 chopped onions
- 2 chopped tomatoes
- 2 tablespoon tomato puree
- 1 tablespoon garlic paste
- 1 tablespoon ginger paste
- 2 tablespoon chopped fresh coriander leaves
- 1 tablespoon red chili powder
- 1 tablespoon coriander powder
- 1 teaspoon turmeric powder
- 1 tablespoon garam masala
- salt to taste
- water for gravy(curry)

Heat oil in frying pan, add cardamon, cloves, cinnamon stick, bay leaves, whole black pepper and fry for few seconds. Then add onions and fry until light brown, add ginger garlic paste, tomato, tomato puree, coriander powder, red chili, turmeric and salt to taste. When masala is thoroughly fried and oil comes up add mutton pieces and fry until brown. Then add water cover pan and keep it on low flame until mutton is done. Garnish with chopped coriander(cilantro) leaves and garam masala for a delicious flavor. Serve with roti or nan(bread).

Jamaican Curried Goat

- 2 pounds stew meat with bones
- 1 tablespoon of lemon juice or 1 lemon
- 1 large onion chopped
- 1 bunch scallions (optional)
- 2 fresh garlic cloves, crushed
- 1 tablespoon fresh thyme or 2
- tablespoons dried
- 2 tablespoons curry powder
- 1 teaspoon white pepper
- 1/2 teaspoon salt
- 1 hot pepper, chopped and seeds removed (preferably a scotch bonnet or habanero)
- 2 tablespoons cooking oil
- 1 cup Irish Potatoes, cubed (optional)
- 1 cup cho-cho(chayote squash), cubed(optional)
- 2 cups of water

Choose a Caribbean curry mix if possible for this dish. Trim any fat off the meat and then cut the meat into small pieces. Traditionally the bones are left in the curry to contribute flavor and nutrition. Rub the meat in lemon juice and then combine with the onion, garlic and spices. Leave covered in the refrigerator overnight (or at least a couple of hours).

Heat oil in a skillet or dutch oven over medium heat and brown the meat mixture. Add the water and simmer for 1 hour. Correct seasonings as needed and continue cooking for about another half hour until tender. Add more water as needed. Potatoes and/or cho-cho can be added in the last hour if you wish. Serve over white rice preferably cooked in coconut milk!

Source: EMPIRE STATE MEAT GOAT PRODUCERS ASSOCIATION

Seco de chivo

- 2 1/2 pounds deboned stew meat
- 2 tablespoons cooking oil
- Achioté (annatto seeds), optional for color
- 3/4 cups red onion, chopped
- 3 cloved garlic, chopped
- 1/2 cup green peppers, chopped
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon black pepper, ground
- 1 hot pepper, chopped and seeds removed (preferably an aji or serrano)
- 1 1/2 pounds of tomatoes, fresh or canned
- 12 ounces of beer
- 1 1/2 teaspoons oregano
- 1 tablespoon brown sugar or honey
- 1 stalk of celery with leaves, chopped
- 1/4 teaspoon cloves, ground
- 1/4 teaspoon allspice, ground
- salt to taste
- 2 sprigs of cilantro, minced

In a large skillet or Dutch oven fry two or three annatto seeds in the oil until the oil turns red. Remove the seeds and add the meat and sear at high heat until lightly browned. Reduce the heat and add the onion, garlic, green peppers, cumin, and pepper.

Cook slowly until the onions are transparent but not browned. Liquefy the hot pepper with the tomatoes and beer to form a salsa. Add this salsa to the meat along with the sugar or honey, oregano, clove, allspice and celery. If the meat is not covered with liquid add water to cover. Gently bring to a boil and then reduce heat.

Continue cooking 1 or 2 more hours until meat is tender. Stir occasionally and add water as necessary to keep meat from sticking to pot. Taste and adjust spices as desired. Add the cilantro. Serve with Spanish rice.

Source: EMPIRE STATE MEAT GOAT PRODUCERS ASSOCIATION

Goat Jerky

- 1 cup Worcestershire Sauce
- 1/2 cup Soy Sauce
- 2 Tbs. Brown Sugar
- 2 large Cloves Garlic

Mix all liquids together, stir in brown sugar until dissolved. Crush the Garlic and add to liquid - stir.

Add thinly sliced chevon - 1/8" to 1/4" thick.

Trim off all Fat (since fat can cause spoilage of your jerky). Add meat to marinade mixture. let set, covered in the frig., for at least 6 hours Stir meat occasionally to ensure all meat is well marinated

Now to dehydrate-

You can place in oven at 150 degrees F. - No Higher - you want to dry it, not cook it. Put jerky strips on a cooling rack and then place rack on a cookie sheet in the middle of the oven. Turn jerky approx. every 2 hrs to ensure even drying. Using the oven it can take 6-8 hrs to dry thoroughly.

I use an inexpensive food dehydrator (Mr. Coffee - motor driven fan, 5 stackable trays) which takes only 4-6 hours depending on the meats thickness.

You can store the jerky in an air tight container for 5 days (assuming the family doesn't eat it the first day!) or you can refrigerate for 1 wk. or freeze for a month or more.

Recipes from http://jackmauldin.com/goat_recipes.html

Goat Meat Chili

- 2 tbs. cooking oil
- 1 tbs. ground oregano
- 3 lbs lean ground goat meat
- 1/2 cup (plus 2 tbs.) chili powder
- 8 cups boiling water
- 1/2 cup flour
- 2 cups chopped onions
- 2 tbs. ground cumin
- 1 tbs. salt

In heavy pot, sauté onions in cooking oil, add oregano, cumin, garlic powder and salt. Stir and sauté. When onion is almost clear, add ground chevon and cook and stir until crumbly and almost gray. Add chili powder, stirring until thoroughly blended.

Next add flour mixing well. Last add boiling water, bring to a boil and simmer for one hour. Seasonings may be adjusted to individual taste at this time. For additional spice cayenne pepper may be added. Makes approximately 14 cups of chili.

Kid Goat Stew

(serves 10 to 12)

8 lbs kid goat	3 large tomatoes, peeled & diced
1/4 c vegetable oil (to brown meat)	1 whole green bell pepper, sliced
3 T salt	3 large onions, sliced in rings & separated
3/4 c flour	10 medium to large garlic cloves, pressed
8 c beef/lamb stock	2 t ground cumin
1 1/2 t ground pepper	1 t dried oregano

Cut meat into 1/2" cubes. In a large pan or Dutch Oven heat 1/4 cup oil at medium high heat. Place meat and salt in heated oil and cook for a few minutes to brown add onions., stirring occasionally, add flour and brown slightly and add stock (1 cup at a time)stirring constantly to make sauce. Add vegetables and spices to meat and mix well. Simmer at medium heat till meat and vegetables are tender.

Barbecue Kid Goat

Barbecue Sauce

2 c water	2 cloves garlic, minced
1 T sugar	1/2 t oregano
1 8-ounce can tomato sauce	6 whole cloves
2 T vinegar	3 carrots, diced
2 T butter	1 T ground black pepper
1/2 t cumin	1/4 t salt

Cut a very young goat (8 to 12 lbs) into serving pieces. Wash and dry pieces and place in an open pan in a 350° oven. Cook for 20 minutes using a meat thermometer, making sure internal temperature reaches 160°. Prepare barbecue sauce. Simmer for 30 minutes. Baste kid goat with sauce every 15 to 20 minutes for 2 hours or until meat is very tender.

Hawaiian Goat Mini-Kabobs

(makes 60-70 appetizers)

1 lb boneless leg of goat, cut in 3/4-in cubes	3 slices bacon, cut in 1-in pieces
1 cup Italian dressing	1 14-ounce can pineapple chunks, each cut in half
1 clove garlic, minced	1/4 cup melted butter

Combine cubed goat, dressing and garlic in a shallow glass dish and marinate for 1 hour or overnight in refrigerator. Alternate cubes of goat meat, bacon and pineapple on mini-skewers or round toothpicks. Brush with melted butter. Broil 5-8 inches from heat source for 5 minutes. Serve hot.

Kid Goat With Vermicelli

(makes 8 servings)

1 1/2 lb kid goat, cubed	1/2 T whole black pepper
2 T vegetable oil	3 small garlic clove
1 small onion, diced	5 to 6 oz vermicelli
1 green bell pepper, diced	2 fresh tomatoes, diced
1 T cumin seed	

Cut kid goat into bite-sized cubes and brown in skillet with oil until well done (approximately 20 to 30 minutes). Combine onion and bell pepper and set aside. In blender, grind cumin seed, black pepper and garlic cloves until pulverized. Combine spices with kid goat and vegetables; mix well. Add vermicelli and enough water to cover entire mixture and then add diced tomatoes. Cover and bring to a slow simmer. Cook approximately 15 minutes or until fideo is tender. Do not stir until ready to serve.

Kid Goat and Vegetable Casserole

(makes 7 servings)

1 10-ounce pkg frozen lima beans	1 10 1/2-ounce can cream of mushroom soup
1 1/2 c thinly sliced carrots	1/3 c vegetable liquid
1 c boiling water	1 1/2 t salt
1 1/2 lbs ground goat meat	1/4 t thyme
2 T chopped onion	6 tomato slices, 3/4 inch thick with 1/2 t salt
1 T fat or vegetable oil	
2 T grated Parmesan cheese	

Add lima beans and carrots to boiling water. Cook covered until tender, about 15 to 20 min. Drain and save cooking liquid. Preheat oven to 350° F. Cook ground kid goat and onion in fat until kid goat is lightly brown and onion is transparent. Pour off drippings. Add soup, vegetable liquid, vegetables, salt and thyme. Mix well and pour into a 2-quart casserole. Arrange tomato slices on top of mixture. Sprinkle with salt and cheese. Bake 35 to 40 minutes.

Shoulder Roast

3 to 4 lbs. meat	2 cloves garlic minced
2 Tbsp oil	1 large onion cut in half
2 chopped carrots	2 cups vegetable or meat stock
2 chopped sticks of celery	

Brown all sides of the roast in a skillet using oil, garlic, salt and pepper. Remove roast and add the stock to clean off the glazing from the skillet. Place into a roasting pan and pour the stock over the roast. Add carrots, celery, and onion and cover. Roast at 325°F for 3 to 4 hours. When done, place on a serving plate. Spoon out the extra fat from the stock and add 3/4 cup of sour cream. Stir until smooth. Pour over roast.

Southwest Leg of Goat

1 leg of goat (5 to 7 lbs), boned	2 t salt
1 c wine or vinegar	1 t sage
1 c vegetable oil	3 large potatoes
2 cloves garlic, whole	3 onions
1 bay leaf, crumbled	3 large chilies
1 t rosemary	2 garlic cloves, skin removed
½ t crushed pepper	

Combine vinegar, oil and seasonings and pour over goat. Cover and marinate in refrigerator 12 to 24 hours, turning often. Remove goat, strain marinade and reserve. Quarter potatoes and onions and place in shallow roasting pan along with chilies and garlic and pour ¼ cup marinade over vegetables. Place goat on roasting rack over vegetables. Pour ¼ cup marinade over goat. Roast at 325° F for approximately 25 minutes per pound of goat. Baste with ¼ cup marinade every 20-30 minutes before carving. Serve with vegetables. Use drippings for gravy if desired.

Kid Goat Chops Jalapeno

(makes 4 servings)

4 goat shoulders, 1 in. thick, round bone or blade juice	1 8-ounce can crushed pineapple in its own juice
1 t salt	1/2 c jalapeno jelly (may substitute apricot jam)
1/2 t ground pepper	1/4 c fresh lemon juice
1/2 t ground cinnamon	1 T prepared mustard

Sprinkle goat shoulders with a mixture of salt, pepper and cinnamon. Combine remaining ingredients in small saucepan. Bring to a boil, stirring until jelly is melted. Broil or grill chops 4 inches from heat source, 8-10 minutes on each side. Spoon sauce on goat last 5 minutes of cooking time.

Curried Kid Goat

3lbs goat meat w/bone cubed	3 tbs curry powder
3cups chicken stock	1 lrg onion diced
1-4 garlic minced	2 tbs cubed coconut milk block optional
1 large potato cubed	½ yam cubed optional
olive oil	salt & pepper

In large skillet heat oil, add onions heat until they sweat 3-4 min (do not fry onion). Add minced garlic, continue to cook 2 min. Remove onion & garlic, set aside. Add cubed goat to fry pan with a little more oil and brown all sides 7-8 min med heat . Add salt and pepper during this process. Add back onion and garlic with 3 cups chicken stock. Add 2 –3 table spoons of curry powder.Lower heat to minimum setting cover with tight fitting lid and let simmer for 2 hours stirring occasionally , every 20 min. After 1 and a half hours add cubed potato and yam and coconut. Ready to eat after ½ hour. Serve over Brown Basmati Rice or Par Boil Rice.

Stir-Fry Goat with Green Onions

2/3 lb chevon (loin or leg) – cut into thin slices,

2T sesame or safflower oil,

12 green onions, cut into 1-inch lengths.

Marinade #1:

½ tsp garlic powder

2 Tbs soy sauce

½ Tbs sugar

2 Tbs rice wine

Marinade #2:

3 Tbs soy sauce

½ tsp sugar

½ tsp black pepper

4 Tbs water

2 Tbs cornstarch

Cut meat into uniform 1/8-inch slices, 1-1/2 to 2 inches long. Place meat in a sealable bag; add marinade #1 and shake to coat thoroughly. Refrigerate at least 1 hour, shaking at least once. When ready to cook, stir-fry meat in sesame or safflower oil, stirring often. Add marinade #2 and green onions

Basic Greek Goat Stew

- 2 pounds boneless goat, cubed
- 2 medium onions, chopped
- 3 tablespoons butter
- 1 garlic clove, minced
- 1 tablespoon chopped parsley
- 1 can tomato paste (6 ounce)
- 1 cup white wine
- salt and pepper

Melt butter in stew pan or Dutch oven; add meat, onion, garlic, parsley, salt and pepper; brown over medium fire, stirring constantly. The gentle braising of the meat is the secret to success with this recipe.

When all of the ingredients are delicately browned, add tomato paste diluted in 2 cups water; add wine; stir; lower fire and simmer for about 1 1/2 hours.

This goat stew is the basis for a wide variety of combinations with fresh or frozen vegetables.

Potatoes: Wash and peel 12 small potatoes, brown them lightly in butter, and add to stew. Simmer until the potatoes are tender and sprinkle with chopped parsley before serving. Almost any other vegetable can be added to the basic recipe.

Stuffed Goat with Rice

- 1 1/2 lb. ground beef, lamb, or goat
- 1 cup chopped fresh dill weed
- 4 lbs. potatoes cleaned and cubed
- 1 large onion, chopped
- 1 cup olive oil
- 6 eggs
- 1/2 cup chopped parsley
- salt and pepper
- 2 fresh tomatoes, diced
- 1 sheet of fillo pastry
- 1 cup kefaloturi or Parmesan cheese
- 1/2 cup butter, melted

Boil the potatoes in salted water until done. Drain them, mash them thoroughly and set them aside. Once they have cooled, add 4 eggs, the dill weed and half of the cheese to them and mix well.

In a large skillet, heat the oil and brown the ground meat with the onions. Add the tomatoes, parsley and salt and pepper. Cook the mixture for 15 minutes then set aside. Once it has cooled, add two eggs and mix it all together.

Butter a large baking dish and lay the sheet of fillo pastry in the bottom. Smooth half of the potato mixture over the pastry, then smooth the beef mixture and top it off with the remaining potatoes.

Pour the melted butter over the casserole and sprinkle the remaining cheese over it. Bake it for 40 minutes at 350F. Let the casserole stand for a few minutes before serving.

Susie's Note: You can prepare this in advance or even bake it the night before and just microwave servings when needed. Being a working mom, I love the convenience of this recipe.

Texas Ranch Style Gumbo

- 2 1/2 lbs boneless capretto (goat meat)
- 1 large green pepper
- 1/4 c all-purpose flour
- 3 large tomatoes, chopped
- 1 t dried whole thyme
- 1 bay leaf
- 1/4 t pepper
- 2 c chicken broth
- 3 T butter
- 1 package frozen okra
- 3 T vegetable oil
- 1/2 t hot sauce
- 3/4 c chopped green onion
- 6 c hot cooked rice

Trim excess fat from steak and cut into 1 inch cubes. Combine flour, thyme, salt, and pepper; dredge meat in flour mixture.

Heat butter and oil in Dutch oven; add meat and cook until browned on all sides. Remove meat, reserving drippings in Dutch oven. Add onion and green pepper to reserved drippings, saute until tender.

Stir in meat and remaining ingredients except rice. Cover and simmer 1 1/2 hours. Remove bay leaf and serve over hot rice.

Chevon Chili

- 2 tbs. cooking oil
- 1 tbs. ground oregano
- 3 lbs lean ground chevon
- 1/2 cup (plus 2 tbs.) chili powder
- 1/2 cup flour
- 2 cups chopped onions
- 2 tbs. ground cumin
- 1 tbs. salt
- 8 cups boiling water

In heavy pot, sauté onions in cooking oil, add oregano, cumin, garlic powder and salt. Stir and sauté. When onion is almost clear, add ground chevon and cook and stir until crumbly and almost gray. Add chili powder, stirring until thoroughly blended.

Next add flour mixing well. Last add boiling water, bring to a boil and simmer for one hour. Seasonings may be adjusted to individual taste at this time. For additional spice cayenne pepper may be added. Makes approximately 14 cups of chili.

Chevon Sausage

- 1 lb. Ground Chevon
- 1 tsp. Sage
- 1/4 tsp. Black Pepper
- 1/2 tsp. Red Pepper
- Salt To Taste

Mix well and make into patties. Fry until brown. Do not over cook. Serve with eggs and hash browns.

Salsa Chili

- **2 lbs ground goat meat**
- 1 large onion - chopped
- 1 jar salsa (30 oz - use mild or hot depending on your likes)
- 2 15 oz cans pinto beans (rinsed & drained)
- 1 10 oz can tomato juice

In a saucepan, cook goat & onion over medium heat until meat is no longer pink; drain. Stir in salsa, beans and tomato juice; heat through. If desired, garnish with cheese and peppers and serve with sour cream and onions. Serves 12.

Goat Chops on the Grill

Here is a recipe for that we like in Mississippi.

- Cut the chops 1" thick
- cover each chop with dijon mustard
- sprinkle with salt and black pepper to taste

Cook over coals (we prefer hickory coals) until meat is just done be careful not to overcook the meat or it will be dry.

Thanks to

James Murry

J.B. Murry & Associates, Inc.

Email : JMurry43@aol.com

Coahuila Style

- 2 lbs. Goat meat
- 1 tsp Garlic
- 3 Cups of Chopped Potatoes w/o skin
- 2 tsp salt or at your own taste.
- ¼ Cup of Cilantro
- ½ cup of water w/ 3 T. of flour
- 1 Can of Diced tomatoes w/juice
- 1 bell pepper small chopped
- 2 cubs of Chicken & tomatoes Bouillon
- 1 tsp of parsley
- ½ Onion / chopped
- 3 Tbls Olive Oil
- 1 tsp Cumino
- 2 Green peppers (Blend in w/ cilantro)

Place meat in pan, add 2 cups of water and cover cooked at simmer until water is gone. Add in oil after water has gone and then you will brown meat; add salt. Add spices and garlic and add a small amount of water. Add spices, tomato sauce and enough water to cover meat. Simmer 30-40 minutes. Blend flour and 1/2 cup water in blender, add cilantro after you blend flour just enough to get chopped up in blender, add gravy to meat (make sauce like a Gravy). Add potatoes and all ingredients last. Serves 8-10.

“Jessica & Enrique Guzmán”

Curried Goat

- 3 lbs goat meat w/bone cubed
- 3 tbs curry powder
- 3 cups chicken stock
- 1 lrg onion diced
- 3-4 garlic minced
- 2 tbs cubed coconut milk block optional
- 1 large potato cubed
- ½ yam cubed optional
- olive oil
- salt & pepper

In large skillet heat oil, add onions heat until they sweat 3-4 min (do not fry onion). Add minced garlic, continue to cook 2 min. Remove onion & garlic, set aside. Add cubed goat to fry pan with a little more oil and brown all sides 7-8 min med heat . Add salt and pepper during this process. Add back onion and garlic with 3 cups chicken stock. Add 2 –3 table spoons of curry powder.

Lower heat to minimum setting cover with tight fitting lid and let simmer for 2 hours stirring occasionally , every 20 min. After 1 and a half hours add cubed potato and yam and coconut. Ready to eat after ½ hour.

Serve over Brown Basmati Rice or Par Boil Rice.

Thanks to Richard Martin

Marinate Barbecue Chevron Riblets

- 4 lbs. chevon riblets
- 8 oz. Bullseye Hickory Barbecue Sauce
- 8 oz. Italian seasoning in oil base

Cover riblets in Italian seasoning and marinate in refrigerator overnight or 12 hours. Remove from marinate and place in crockpot. Cook for 3 to 4 hours in barbecue sauce. Before serving, debone and serve hot with sweet and sour sauce.

LAMB OR KID IN LEMON EGG SAUCE"

Ingredients

- 2 – 4 pounds lamb/kid, chopped finely into large pieces
- 1/3 cup olive oil
- 50g diced prosciutto
- 1/2 brown onion, thinly sliced salt and pepper

Sauce

- 1/2 tbl flour
- 1/2 cup dry white wine
- 3 egg yolks, beaten
- juice of one lemon
- 1/4 cup minced parsley

Boiling water method:

1. heat the oil in a pot with the prosciutto and onion, as soon as the mixture is hot, add the kid
2. cook over a moderate flame, being careful not to let the onion over brown. season with salt and pepper. dust the goat with flour as it browns.
3. sprinkle the meat with the white wine and once it has evaporated, add enough boiling water to almost cover the meat.
4. cover and continue to simmer, checking that the water hasn't completely evaporated, (you want the sauce thick and flavorful, rather than runny).
5. a few minutes before the meat is ready, (should be fork tender), beat the yolk with the lemon juice and the herbs.
6. reduce the heat to the absolute minimum and pour the yolk mixture over the meat. turn everything gently until the yolk thickens; the low heat is necessary because you want a thick velvety sauce instead of one with cooked egg.
7. serve instantly

Honeyed Chevon with Satay Sauce

- 600 gms cubed kid meat
- 1 small red capsicum, cut into 5cm pieces
- 1 small green capsicum, cut into 5cm pieces
- 24 button mushrooms
- 2 tblespns honey
- 2 tblespns light soy sauce
- 1 tblespn lemon juice
- 1 tblespn sherry [optional]

Marinade:

Combine marinade ingredients. Marinade cubed kid meat for at least an hour. Drain and reserve marinade. Thread meat onto 8 oiled bamboo skewers alternately with the red and green capsicum and mushrooms. Cook under a pre-heated grill or barbecue grill on high for 5 minutes. Brush with reserved marinade. Reduce heat to medium high and cook for a further 10 minutes, turning occasionally and brushing with marinade until cooked. Serve with satay sauce [see below], accompanied by salad or seasonal vegetables and boiled/steamed Basmati or Jasmine rice.

Satay Sauce

- 30 gms butter
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 2 tblespns crunchy peanut butter
- 1 teaspn curry powder
- 1 teaspn light soy sauce
- 1 teaspn chilli sauce [sweet, mild or hot to taste]
- 125 mls water
- 1 tblespn lemon juice

Heat butter in a pan. Fry onion and garlic for 2 minutes. Add curry powder and cook for 1 minute. Add remaining ingredients and simmer uncovered until thickened as desired.

source, 7 HILLS TALLAROOK, GOAT FARM) TALIA ATAR

Goat Meat & Sauerkraut

- 5 lbs Goat Meat/rear quarter
- 2 14 oz. cans of sauerkraut
- 2 medium onions
- 2T minced garlic
- 4 T Worchester Sauce
- 2 tsp salt
- 1 tsp pepper
- 3 T Jalapeno Hot Pepper Sauce (optional)

Put meat in roasting pan. Spread contents of 1 can of sauerkraut (with juice) around meat; contents of the 2nd can on top of meat. Slice onions and put on top of meat. Sprinkle garlic, salt, pepper and Worchester on top - add jalapeno sauce if desired.

Cover and cook at 300 degrees, basting several times with its own juices during cooking. Cook for 4 hours or until meat falls off bone.

Goat Chili

- 2 pounds goat, finely diced
- 1 tablespoon bacon drippings
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons chili powder
- 1 teaspoon sage
- 1 teaspoon cumin
- 2 onions, diced
- 2 cloves garlic, diced
- 2 (15 ounce) cans Spanish-style tomato sauce
- 2 cups water
- 1 (23 ounce) can ranch-style beans

Saute goat in bacon drippings. Add seasonings, onion and garlic. Stir in tomato sauce, water and beans. Simmer for 1 hour.

Tip: Serve with shredded lettuce, shredded cheddar cheese, tortilla chips, diced onion and chili powder.

Barbacoa

- 6 pounds deboned goat leg cut in chunks
- 2 teaspoons salt
- 3 tablespoons white wine vinegar
- 5 small hot chili peppers
- 10 cloves garlic
- 1 tablespoon mexican oregano
- 2 teaspoons whole cloves
- 2 teaspoons cumin seeds
- 1 teaspoon black pepper
- 1/2 teaspoon cinnamon, ground
- 8 cooked tomatillos
- 1/2 cup toasted almonds, walnuts, or pinenuts
- 2 tablespoons cooking oil
- 1 pound of ripe tomatoes, chopped
- 1 green bell pepper, chopped
- 1 cup green onions, minced
- 1/2 cup cilantro, minced
- 1/2 cup fresh tomatillos, chopped
- 1/4 cup fresh basil, minced (optional)
- 1 clove garlic minced
- 1 teaspoon coriander seed, ground salt to taste

Sprinkle the meat with salt and vinegar. Cover and chill overnight or for at least a couple of hours. Make a paste in a blender or food processor of the chili peppers, garlic, oregano, cloves, cumin, black pepper, cinnamon, tomatillos, nuts, and oil. To be on the safe side, put your cloves in first to make sure they do get broken up some. The cumin seeds do not have to get completely ground, but you want them at least partially broken up as well. Smear the paste all over the boned meat and bake in a well-oiled dutch oven or roasting pan covered at 350 F for 2 1/2 to 3 hours until tender. Put the ripe tomatoes, green pepper, green onions, cilantro, coriander, and fresh tomatillos in a lightly oiled sauce pan and cook over low heat until starting to simmer. Remove from heat. When the meat is done, shred the meat and serve in warm flour tortillas topped with the salsa.

Source: EMPIRE STATE MEAT GOAT PRODUCERS ASSOCIATION

Jerked Leg of Goat

- 1 leg of goat with bone in
- 1 1/2 cup onion, finely chopped
- 4 to 6 cloves of garlic, finely chopped
- 1 tablespoon fresh thyme leaves (or 2tablespoons dried leaves)
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 1 tablespoon ground pimiento (allspice)
- 1/2 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 1/4 cup of soy sauce
- 1 very hot pepper, chopped, or teaspoon hot pepper oil

Mix or puree together the onions, garlic, soy sauce, and spices to form a paste. Pierce the leg of goat all over and rub the paste all over the meat. Any unused paste (also known as "jerk rub" can be stored in a glass jar in the refrigerator for up to a month for later use). Cover or wrap in foil and refrigerate overnight to allow spices to penetrate meat.

Preheat the oven to 400 F. Sear the meat loosely covered with foil in a roasting pan at 400 F for 15 minutes and then reduce heat to 350 F. Roast meat for another hour or two depending on weight() until the internal temperature reaches 150 to 160 F. Remove the foil for the last 15 minutes of cooking.

If you use a tougher cut such as a neck roast for cooking, plan on a longer cooking time and on marinating the meat in a mixture of beer and lemon juice overnight. Put the jerk rub on it in the morning and then cook in the afternoon

Chevon Souvlaki

- Leg of Goat, cut into 1 inch cubes.
- Marinade
- 1/2 c Olive Oil
- 2 x Lemons
- 1/2 c White wine-dry
- 1 1/3 x Onions, chopped fine
- 2 x Cloves of garlic, pressed
- 1 pn Greek oregano
- 1/4 tsb Salt
- 1/4 tsb Pepper
- 1 pk Bamboo skewers

Place meat in large container (not aluminum); pour marinade over meat & stir. Marinate overnight or up to 2 days. Soak bamboo skewers well in water.

Place 3 or 4 cubes of marinated meat on each skewer. Grill over charcoal until done to your liking (Medium rare to Medium) --Don't overcook or you will dry out the meat. If serving for a large party & you don't want to be grilling at the last minute, earlier in the day grill to rare & then dip in marinate & arrange in a baking dish. Cover and bake to finish cooking to desired doneness just before serving.

Leg of Goat Roast

- 1 leg of goat
- 1/2 cup lime juice
- 1/2 cup cooking wine

Remove bone from roast, place in large zip-lock bag, add lime juice and wine and marinate for 1-2 hours in lime juice and wine, turning often.

Lay roast on large piece of heavy duty foil.

- 1 tablespoon black pepper
- 1 tablespoon lemon pepper
- 1 – 2 tablespoon rosemary
- Or add seasonings to taste.

Sprinkle both sides of roast and with seasonings. Fold roast in half and wrap tightly with foil, adding juices from marinate bag.

Place on rack in cooking pan. Cook 325 degree for 1 hour. Turn oven down to 225 degree and punch 4-5 holes in foil to let the juices drain.

Cook on very low temperature about 4 hours. The roast will be very tender and have a delicious taste.

From Jackie Clark, Portales New Mexico

Pan Fried Goat Steaks

- Goat steaks
- Lemon-pepper marinade
- 1/4 pound butter or margarine

Sprinkle steaks on both sides with lemon-pepper marinade. Heat a large cast-iron skillet until hot enough to melt butter, and slice several chunks of butter or margarine into skillet to melt. As soon as butter is melted, drop steaks into skillet. Cook only about a minute on each side, depending on the thickness of the steaks. Be careful not to overcook. Add more butter as needed to keep the meat from sticking.

- Tip: Serve with wild rice

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Neck Roast Fajitas

- Marinate a neck roast (does not need to be deboned) with lemon juice and beer in a strong resealable plastic freezer bag in the refrigerator overnight.
- Follow the recipe for the "jerked leg of goat" and cook until very tender without removing foil.
- Prepare a guacamole sauce using two avocados. Cut the avocados in half and then cut the pulp in small pieces lengthwise and then crosswise without cutting the outer skin. Scoop out from skin and mash together with the juice from 2 limes.
- Mix with a teaspoon each of coriander seeds and cumin seeds mashed in a pestle and mortar.
- Mix with 1 clove of garlic, minced and 1/4 cup of minced green onions or chives.
- Add about a 1/4 cup of chopped fresh cilantro. Put the avocado pits in the center of the guacamole in a sealable container.
- Cover tightly and refrigerate.
- Slice sweet green or red bell peppers into long thin slices, and slice Spanish onions into thin rounds.
- Sear the onions and peppers at high heat in a small amount of corn oil.
- Add slices of the neck roast for the last minute of searing.
- Warm up some flour tortillas.
- Put the meat, peppers, and onions in the tortillas and cover with guacamole and your favorite salsa. Sour cream, plain yogurt, shredded lettuce, and/or cooked black turtle beans can also be added.

Source: EMPIRE STATE MEAT GOAT PRODUCERS ASSOCIATION

Goat Wisconsin

- Goat tenderloin or butterfly (1/2 inch thick) steaks from rump
 - Butter Salt and black pepper to taste
 - Burgundy wine Brandy
- Sear steaks quickly in butter, seasoning with salt and pepper.
- Add wine and simmer for a few minutes, cooking steaks to medium doneness.
- Remove steaks from pan, add brandy to pan liquid and warm briefly.
- Pour over steaks and ignite to serve flambe.
- Tip: serve with potatoes au gratin and green beans

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BBQ Goat & Mushrooms with Lemon

- 4 Lemons
- 1/4 cup olive oil
- 2 garlic cloves crushed
- salt and ground pepper
- 400 grams mushrooms trimmed and thickly sliced
- 500 grams Goat tenderloin or backstrap
- 150 grams mesclun salad leaves washed and dried

Combine the juice of two lemons, olive oil, garlic, salt and pepper.

Divide in half and marinate the goat in one and mushrooms in the other.

Pre-heat a greased BBQ plate and cook goat to you taste. Remove goat, cover with foil and set aside to rest.

Meanwhile, place the mushrooms onto the BBQ plate and cook until tender.

Remove to a plate.

Place the other two lemons, cut into wedges, on the BBQ plate until they are warmed through.

Slice the goat thickly, across the grain and arrange on serving plates with mushrooms and salad leaves.

Season with salt and pepper and serve with the barbecued lemon wedges.

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Calzones

- 1 (10 oz.) tube refrigerated pizza dough
- 4 oz. mild goat cheese, shredded
- 8 oz. Mozzarella cheese, shredded
- 3 green onions, finely chopped
- 2 cloves garlic, very finely chopped
- 1 tbsp. finely minced basil
- Black pepper to taste
- 1 jar spaghetti sauce with meat 28 oz. or more

Preheat oven to 425 degrees. Remove pizza dough from tube and gently stretch or roll it into a square on a cutting board. Cut dough into 4 equal pieces. Mix rest of ingredients and place filling on each square: moisten 2 edges with water: pinch edges to seal. Brush top with oil (olive). Bake for 12 to 15 minutes. Serve with heated spaghetti to dunk. Serves 4.

Curry Goat Meat

- 3-5 lbs. goat meat
- 3 tbsp. curry powder
- 1 tsp. black pepper
- 1 lg. onion, chopped
- 3 cloves garlic, chopped
- Salt to taste or seasoned salt

Clean and wash goat meat. Add curry powder, black pepper, seasoned salt, chopped onion, chopped garlic. Rub seasonings well into goat meat. On a cooking pan place about 1 tablespoon butter or oil, whichever you prefer. Pour meat into pan with oil while it is still cold. Stir and cook until tender.

Roast Leg of Goat

Courtesy of Sara Davis

Ingredients:

- 1 boneless, rolled and tied leg of goat (approx. 3lbs)
- 2 tablespoons butter
- 2 tablespoons olive oil
- 4 cloves minced garlic
- 1 teaspoon kosher salt (to taste)
- 1/2 teaspoon coarse ground black pepper (to taste)
- 1 tablespoon lemon juice
- 1/2 teaspoon Italian seasonings (to taste)



Recipe: Heat 2 tablespoons butter and 2 tablespoons olive oil in cast iron pan. Add 4 cloves minced garlic and sautee over medium heat. Rub kosher salt and coarse ground black pepper on roast. Sear roast on all sides and drizzle with 1 tablespoon lemon juice. Top with Italian seasonings, add 1/2 cup water to pan and cover roast loosely with aluminum foil. Place in preheated 275 degree oven until roast reaches an internal temperature of 145 degrees. Remove roast from oven and allow to rest for 10 minutes before slicing across the grain.

Spanish Goat Meat

- 2 lbs. goat meat
- 1/2 c. chopped onions
- 2 cloves garlic
- 4 med. potatoes
- 1 can tomato sauce
- 1 tbsp. salt
- 1 c. lemon juice
- 1/2 c. vinegar
- 1 tsp. oregano leaves
- 3 cilantro leaves
- 1/4 c. olive oil
- 1 pkg. Sazon Goya (seasonings)
- 2 c. water
- 2 leaves laurel

Take lemon juice and vinegar and wash goat meat. Let meat stand with that for 24 hours. Get a pot with water and put all ingredients. Cover the pot and put on slow flame. Leave there until the meat is softened.

Spicy Leg of Goat

- 1 leg of goat
- 1-3 teaspoons salt
- 2 teaspoons cinnamon
- 2 Tablespoons corn starch
- 1-2 bay leaves
- 2 teaspoons dried minced onions

Combine salt and cinnamon and rub all over meat. Place in roasting bag in shallow roasting pan with 1-2 cups of water, or a mixture of water and wine. Close and tie bag, cut about 6 slits to allow steam to escape. Cook until tender or meat thermometer reads 175 F for medium or 180 F for well done. Serve warm with gravy.

Gravy: pour drippings into saucepan. Add bay leaf and onion; simmer gently covered for 5 minutes or until onion is tender. Mix cornstarch with 1/2 cup cold water, stir until smooth. Gradually add mixture to simmering pan drippings, stirring constantly. Simmer for another minute or two. Serve.

