

DID YOU KNOW?

Goat meat is one of the most commonly eaten red meats in the world

Goat meat has less fat than chicken

Goat meat does not marble, thus, any fat on the carcass is easy to trim

Goat fat has an excellent ratio of polyunsaturated to saturated fats

Goat meat has a superb flavor, similar to beef and venison

Goat Meat

Goat meat is one of the most widely consumed meats in the world. However, its consumption in the US has generally been limited to very specific ethnic groups. It has an excellent flavor somewhat similar to beef and venison. It has less fat than chicken or any of the red meats commonly consumed in the US. This is because goats tend to deposit their fat internally before they deposit it externally. When a goat is slaughtered, this internal fat is removed along with the rest of the "innards". A well conditioned goat does have a tiny coating of fat over its muscles which will help keep the meat from drying out rapidly. Goats do not marble (intersperse fat within their* muscles), thus, goat fat along a cut of meat is usually easily trimmed. Although goat meat is low in fat, studies have indicated that this fat contains a higher percentage of cholesterol than chicken or beef fat. However, these same studies have concluded that goat meat is much lower in saturated fats than the rest of the commonly consumed meats including chicken with the skin removed. It has an excellent ratio of polyunsaturated to saturated fats making it a very healthy choice of meat. We will probably see consumption of goat meat increase as more and more people are introduced to its excellent qualities.

Because of its low fat content, goat meat can lose moisture and toughen up if cooked at high temperatures and under dry conditions. Goat meat is usually cooked slowly or moderately and is often cooked in sauces or marinated first. One easy marinade is to soak the meat in beer and a 1/4 cup of lemon juice.

If you eat meat and have never tried goat meat, we urge you to try it. Here are some recipes to help you get started!

RECIPES

Goat Kebobs

Marinate deboned goat meat chunks (you can use an entire kid or just the legs and shoulder of a yearling animal leaving the rack and loin to make into chops) for at least 24 hours. Put on skewers with mushrooms, onions (either sweet yellow Spanish onions or small white boiling onions), tomatoes, zucchini, bell peppers, eggplant, you name it. Broil over coals 15 to 20 minutes until tender, turning and basting in the marinade occasionally.

Marinade suggestions -

- 1) The Lazy Soul's Method - take a good quality commercial garlic marinade and add to it some extra water, oil, and vinegar.
- 2) The Cornell Barbecue Sauce Method - mix together 1/2 pt. good quality cooking oil, 1 pt. cider vinegar, 3 tbsp. salt, 1/2 tsp. black pepper, 3 tsps. poultry seasoning, 1 beaten egg. This will do about 8 to 12 pounds of meat. Recipe can be halved but leave in the one egg.
- 3) The "Oo La La" Method - mix together 6 oz. of tomato paste, 1/2 cup dry white wine, 1/2 cup wine vinegar, 3 tbsp olive oil, 2 tbsp mustard, 1 1/2 tbsp Worcestershire sauce, 3/4 tsp each of sage, oregano, and salt, 3/4 cups of minced onions, and 6 crushed cloves of garlic. This will do about 8 pounds of meat.

Jerked Leg of Goat -tariana

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

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 the 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 (usually around 30 minutes per pound of meat) 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, marinate the meat in a mixture of beer and lemon juice overnight and plan on a longer cooking time. Put the jerk rub on it in the morning and then cook in the afternoon.

Neck Roast -tatiana

Marinate a neck roast (does not need to be deboned) with 1/4 cup lemon juice and 2 12 oz. bottles of 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 the foil. Slice into 1/2 inch thick strips.

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 tsp 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 1/4 cup of chopped, fresh cilantro. Put the avocado pits in the center of the guacamole in a sealable container to keep the fresh, green color of the guacamole. Cover tightly and refrigerate. Slice sweet green or red bell peppers into long thin slices, and slice sweet yellow Spanish onions into thin rounds. Sear the onions and peppers at high heat in a small amount of corn oil (sprinkle in a little beer if more liquid is needed. Add slices of the neck roast for the last few minutes of searing. Warm up some flour tortillas. Put the meat, peppers, and onions in the tortillas and top with guacamole and your favorite salsa. Sour cream, plain yogurt, shredded lettuce, and/or cooked black turtle beans can also be added.

Barbecued Goat Steaks -tatiana

Steaks or goat chops

Jerk rub from the "jerk leg" recipe (about a teaspoon per steak)

1 cup passion fruit nectar or juice (apricot nectar also works well)

Rub meat in jerk rub and marinate in refrigerator at least 1 hour. Baste liberally with the nectar and then either barbecue, fry (over moderately high heat in a little oil), or broil steaks. Flip and continue basting until cooked to desired extent.

Curried Goat Chops -tatiana

Goat chops or steaks

1/2 tsp curry powder per chop

1 cup apricot nectar (you can experiment with other juices - tamarind works well)

Rub the curry powder on each chop. Baste liberally with the nectar and then either barbecue, fry or broil steaks. Flip and continue basting until cooked to desired extent. Another good basting sauce to use is apple sauce mixed with tomato sauce.

Barbecued Goat Chops -tatiana

Goat chops or steaks	1/2 cup lemon juice
1 tbsp dry mustard	1/2 cup chili sauce, or salsa
1 tbsp grated onion	
2 tbsp minced parsley	
1/4 pound of butter or margarine, softened	

Mix together the mustard, onion, parsley and either butter or margarine. Shape into a small cylinder and refrigerate. Blend together the lemon juice and chili sauce to form a paste. Barbecue chops or steaks on a grill about 1 foot above coals, basting liberally. Cook about 15 minutes on each side or until done. Serve each chop or steak topped with a slice of the spiced butter roll.

Cabrito Chops Jalapeo Texas A&M Extension Bulletin

4 shoulder chops, 1 inch thick, round bone or blade	1/2 cup jalapeno jelly or apricot jam
1 tsp salt	
1/2 tsp ground pepper	1/4 cup fresh lemon juice
1/2 tsp ground cinnamon	1 tbsp prepared mustard
8 ounce can of crushed pineapple in pineapple juice	

Sprinkle the shoulder chops with a mixture of salt, pepper, and cinnamon. Combine the remaining ingredients in a small saucepan and bring to a boil. Stir well until jelly is completely melted. Remove from heat. Broil or grill chops 4 inches from heat source for about 5 to 10 minutes on each side until done. Baste with sauce last 5 minutes of cooking time.

Hawaiian Goat Mini-Kebobs Texas A&M Extension Bulletin

1 pound deboned goat leg, cut into 3/4 inch cubes	14 ounce can of pineapple chunks, each chunk halved
1 cup Italian dressing	
1 clove garlic, minced	1/4 cup melted butter (optional)
3 slices bacon, cut in one inch pieces (or substitute with chunks of green or red sweet peppers)	

Combine meat cubes, dressing, and garlic and marinate for 1 hour or overnight in refrigerator. Alternate chunks of goat meat, bacon, and pineapple on mini-skewers or toothpicks. Brush with melted butter. Broil 5 to 8 inches from heat source for 5 minutes. Serve hot. Makes 60 to 70 appetizers.

Easy Cabrito Roast Texas A&M Extension Bulletin

2 1/2 to 3 pound roast from kid goat
salt and pepper to taste
3/4 cup of water

1 packet of onion & mushroom
mix

Rinse cabrito roast under tap water and pat dry. Rub salt and pepper on all sides. Place roast in a well oiled stew pot or dutch oven. Mix one packet of onion and mushroom soup mix with 3/4 cup of water. Add to roast. Bring to a simmer over moderate heat. Reduce heat and cook covered for about 2 hours until tender. Turn roast over halfway through cooking time. Slice roast and top with the onion & mushroom gravy. Serves 6 to 8.

Cabrito Stew Texas A&M Extension Bulletin

4 pounds of kid goat meat, cubed
1 tbsp vegetable oil or shortening
3 tsp mashed cumin
1/2 tsp ground peppercorns

3 garlic cloves
8-ounce can of tomato sauce
2 tbsp flour
1/2 cup water

Cut meat into cubes and brown in oil. Add in spices, tomato sauce and enough water to cover meat. You can also fancy this up by adding diced green pepper, onion, and fresh tomatoes. Simmer 30 to 40 minutes. Blend flour with 1/2 cup water. Stir into meat to make gravy. Add salt as needed. Serve with flour or corn tortillas. Serves 8-10.

Goat with Leek, Feta and Sour Cream

From the Well-Filled Tortilla Cookbook

4 pounds of goat meat, cubed
2 tbsp lemon juice
1 tbsp chili powder
1 1/2 tsp fresh rosemary leaves
1 1/2 tsp salt
4 cups shredded lettuce

2 small minced leeks
3/4 cup sour cream
3 tbsp milk
1 tbsp lime juice
1/4 cup crumbled feta cheese
1 small hot pepper, seeded

Marinate goat meat in the refrigerator in the lemon juice, chili powder, minced rosemary leaves and salt for at least an hour and preferably all day. Put mixture in an iron skillet coated with oil. Add enough water to cover. Simmer 50 to 60 minutes until tender.

Whisk together sour cream milk and lime juice. Add the leeks, feta cheese and pepper. Serve meat in corn or flour tortillas cover with leek sauce and shredded lettuce. Serves 4 to 6.

Cumin Roast -tatiana

2 to 4 pound roast	3 tbsp cumin, mashed with a mortar and pestle
1 cup onions, minced	1 tbsp coriander, ground
to 6 cloves of garlic, minced	1 tsp salt

Mix or puree together the onions, garlic, cumin, coriander, and salt to form a paste. Pierce the goat roast all over and rub the paste into the 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 (about 30 minutes per lb.) until the internal temperature reaches 150 to 160 F. Remove the foil for the last 15 minutes of cooking.

Jamaican Curried Goat

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

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 with 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.

Cabrillo Asado (Barbecued Kid Goat) Texas A&M Extension Bulletin

8 to 12 pounds of young goat cut into serving pieces	
1 tbsp ground pepper	
2 cups water	
1 tbsp sugar	
8 ounce can of tomato sauce	2 tbsp vinegar
2 tbsp butter	1/2 tsp ground cumin
2 cloves garlic, minced	1/2 tsp crushed oregano
1 onion, minced	3 carrots, diced
6 whole cloves	1/4 tsp salt

Cut a very young goat (8 to 12 pounds dressed weight, @ 20 pounds live weight) into serving pieces. Wash and pat dry the pieces. Cook them in a large pot in oven at 350 F for 20 minutes or until their internal temperature measured with a meat thermometer reaches 160 F. Mix together the rest of the ingredients in a sauce pan and simmer for 30 minutes to make a barbecue sauce. Continue cooking meat in oven at 3-50 F- and baste with barbecue sauce every 15 to 20 minutes for 2 hours or until meat is tender.

Southwest Leg of Goat -Texas A&M Extension Bulletin

1 boned leg of goat (3 1/2 to 7 pounds)	1 tsp sage
1 cup wine or vinegar	1/2 tsp crushed black pepper
3 large potatoes, quartered	1 cup of vegetable oil
3 onions, quartered	2 cloves of garlic, whole
3 large chile peppers, sliced and seeds removed	1 bay leaf, crumbled
	2 tsp salt

Marinate goat meat in vinegar or wine with oil and seasonings in the refrigerator for 12 to 24 hours, turning occasionally. Remove goat, strain marinade, and reserve. Place potatoes, onions, chiles, and garlic in shallow roasting pan and pour 1/4 cup of marinade over vegetables. Place goat leg on roasting rack over vegetables. Pour 1/4 cup of marinade over leg. Roast at 325 F for approximately 25 minutes per pound until tender, basting with 1/4 cup of marinade every 25 minutes. Carve and serve with vegetables. You can use the drippings as gravy.

Honey Grilled Shoulder of Goat

1 goat shoulder, boned, rolled, and tied (3 to 4 pounds)	2 tbsp grated lemon peel
1/3 cup honey	2 tbsp lemon juice
1/2 cup dry white wine	1 tsp salt
1/2 cup minced onions	1/4 tsp ground pepper
	1/2 cup finely chopped fresh mint (or 1
	1 tbsp dried mint)

Mix up all the ingredients but the meat to make a marinade. Marinate shoulder in this mixture in refrigerator for several hours or overnight. Place shoulder on spit over hot coals and grill 1 to 1 1/2 hours, basting regularly with marinade. When tender, remove from heat and slice. Any leftover marinade can be eaten and served over sliced goat. Serves 12 to 16.

Baked Cabrito

8 to 10 pounds of suckling goat kid cut into 2 pieces	1 tbsp ground pepper
water to cover	3 cloves garlic, minced
1 tbsp salt	1 cup basting sauce
for basting sauce, use	
4 tbsp unsalted butter or margarine	1 garlic clove, minced
2 tbsp vegetable oil	1 tbsp celery salt
2 tbsp fresh lemon juice	1 tbsp Italian Seasoning mix
2 tbsp soy sauce	1/2 tsp salt
1/4 cup minced onion	1 tsp-ground pepper
	1 tsp dried, crushed oregano

Heat the butter, oil, lemon juice, and soy sauce in a sauce pan until butter is melted. Add the rest of the basting sauce ingredients and simmer for 15 minutes. Remove from heat. Reheat immediately prior to using

Marinate goat meat in vinegar or wine with oil and seasonings in the refrigerator for 12 to 24 hours, turning occasionally. Remove goat, strain marinade, and reserve. Place potatoes, onions, chiles, and garlic in shallow roasting pan and pour 1/4 cup of marinade over vegetables. Place goat leg on roasting rack over vegetables. Pour 1/4 cup of marinade over leg. Roast at 325 F for approximately 25 minutes per pound until tender, basting with 1/4 cup of marinade every 25 minutes. Carve and serve with vegetables. You can use the drippings as gravy.

Seco de Chivo - tatiana

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

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. Liquify 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.

Barbacoa -tatiana

6 pounds deboned goat legs cut in chunks
2 tsp salt
3 tbs white wine vinegar 5 small hot chill peppers 10 cloves garlic
1 tbs mexican oregano
2 tsp whole cloves
2 tsp cumin seeds
1 tsp black pepper,ground
1/2 tsp cinnamon, ground
1/2 cup toasted almonds, walnuts, or pinenuts
2 tablespoons cooking oil
8 cooked tomatillos
1pound 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 tsp 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 to form a simple, tasty salsa. Remove the salsa from heat. When the meat is done, shred the meat and serve in warm flour tortillas topped with the salsa.

Barbecued Goat - Texas Style

From the Society of Range Mgmt Cowboy Cookbook

20 pounds goat meat

2 cups sugar

1 cup salt	1 cup prepared mustard
1 jalepeno pepper, sliced	1/2 cup apple cider vinegar
1 tbspcrushed black pepper	1 tsp salt
1 tbspcrushed cumin	1 tsp ground pepper

Mix salt, jalepeno, crushed black pepper, and cumin. Rub generously on meat being sure not to get the jalepefio in your eyes. Cook slowly on grill for about 2 hours until meat is tender. Be sure meat is well above fire (at least 20 inches). Meat may be brushed with cooking oil occasionally to prevent dryness. Combine sugar, mustard, vinegar, salt, and ground pepper to form a sauce. At least 30 minutes before removing meat from fire, start brushing meat well with this sauce. Turn meat often, brushing on sauce at every turn.

Recipes from Robert White's workshop on "Cooking with Goat" (1998 Caprine Outing, prepared by workshop participants)

Roast Leg of Goat Florentine

1 hindleg of goat	2 heads garlic
4 oz shallots	1 lb celery
1 lb shitake mushrooms	1 lb carrots
10 oz fresh spinach	1 lb Spanish onions
1/2 cup fresh basil	
2 lemons	
1 bunch fresh rosemary	
2 tablespoons dijon mustard	1/4 cup olive oil
salt and pepper	

To prepare leg, debone and cut open (i.e. butterfly). To debone, cut leg horizontally at each of the main joints to form two rings of exposed bone. Twist the meat off of the bones by grasping the top joint with one hand and the meat with the other and twisting. Cut the . resulting cylinder of meat vertically. Lay it flat and then partially cut it horizontally and fold back to make a large rectangle. Pound meat flat.

Saute shallots in small amount of oil until fragrant. Add mushrooms and cook a few minutes until tender. Add spinach and basil and saute until wilted. Cool. Lay meat out flat. Sprinkle exposed surface with a mixture of lemon juice, olive oil, rosemary leaves, dijon mustard, salt and pepper (reserve half of this mixture). Lay a row of stuffing across the meat in a line. Roll the rectangle of meat up to form a cylinder and tie with butcher twine. Coat outside of the stuffed roll with the remaining lemon juice mixture. Place in dutch oven or roasting pan and surround with chopped celery, carrots, onions, and minced garlic. Roast at 325 F for about 1 1/2 hours until done.

Roast Rack of Goat Persielle (Persillade?)

2 racks of goat ribs prepared as a French roast (remove the meat between the rib bone ends to a depth of at least 1 inch)
 4-5 slices of white bread (can really use any soft bread)
 2 tablespoons fresh parsley
 2 tablespoons dijon mustard
 1 cup of chilled cream or whole goat milk
 salt and pepper to taste

Blend together the bread,-parsley, mustard, cream, salt and pepper in a food processor to form a paste. Lay racks meat side up in a roasting pan and cover thickly with the paste. Roast at 325 F for about 45 minutes to 1

hour until done. Serve surrounded by extra sauce, this sauce can also be served on grilled chops!

Grilled Goat Chops - Marinate loin or rib chops in a mixture of equal amounts of balsamic vinegar, olive oil, and dijon mustard for several hours in the refrigerator and then barbecue.

Spiced Islands Grilled Goat with Tropical Salsa

®10 lbs of goat meat cuts such as the chuck and brisket(also called front or yoke). You can also use deboned legs or chops.

Marinade

1 can coconut milk
1 can Red Thai curry
2 oz turmeric
2 oz Caribbean curry powder
1 oz ground cloves
2 oz kosher salt

1/2 cup fresh cilantro

Salsa

1 cored, peeled pineapple
2 pitted, peeled mangos
2 peeled papayas without seeds
1 lb firm, red tomatoes
Juice of 4 oranges and .limes
2 scotch bonnet or habanero peppers (can use jalapenos)

Cut meat into desired sizes (small cubes if cooking in oven, larger pieces if grilling on barbecue). Combine marinade ingredients in a bowl and baste well over all meat pieces. Marinate in refrigerator a minimum of 3-4 hours (preferably overnight). Dice pineapple, mangos, papayas, and tomatoes. Mince cilantro and peppers (be sure to wear gloves when chopping peppers to avoid burning your hands). Mix everything together gently. Add in orange and lime juice and refrigerate. Grill pieces of meat on a barbecue until tender, or simmer on stovetop in an oiled dutch oven with a couple of cups of water for about 1 1/2 hours. Serve with chilled salsa.

Goat Cheese Tart with Carmelized Onions

2 tart pans with removable sides (or quiche pans)
2 single pastry pie crusts pressed into pans
8 oz roll of chevre, sliced (spiced okay)
large red sweet pepper, diced
1/2 large red onion, diced
2 tablespoons fresh basil, chopped
5 eggs, beaten with whisk
2 cups of fresh goat milk (or 1 cup cow milk and 1 cup cream)

1/2

Saute red pepper and onions in a dash of olive oil. Lay cheese slices in pastry shells and top with the sauted peppers and onions and fresh basil. Whisk together the eggs and milk and pour into pastry shells. Bake at 350 F for ®45 minutes or until set. camel i zed onion mixture

2 to 3 medium sized red onions, sliced in rings olive oil 1/4 cup sugar 1/4 cup white vinegar 1/2 cup water.

Saute onions in olive oil until transparant. Add in sugar, vinegar and water and cook down until carmelized and almost dry. Remove from heat. Serve slices of tart topped with carmalized onions and a sprig of parsley or basil.

Recipes
Cooking with Goat Meat Workshop
Caprine Outing, 2000

Presented by Bob White, e-mail REW5@cornell.edu.

Goat Ribs

Prepare marinade sauce: soy sauce, balsamic vinegar, sesame oil, peanut oil, 2 T honey, chopped garlic and chopped ginger. Marinate ribs for a minimum of 8 -hours in-the refrigerator. Grill to taste.

Goat Leg

Remove bones, sinew and fat. Prepare marinade sauce: juice of 2 lemons, lemon rinds, olive oil, salt, black pepper, garlic, 2 T Grey Poupon mustard and oregano or rosemary. Marinate leg for a minimum of 8 hours in the refrigerator. Grill to taste.

Thai Curry

Cube goat chuck, add salt and pepper.

Cube potatoes and tomatoes

Chop cilantro, ginger, garlic, red pepper

Remove seeds from Jalapeno peppers and chop

Dust meat cubes with flour and sear in peanut oil

Cook Jalapeno pepper, ginger and garlic in peanut oil (don't brown)

Add seared meat and red Thai curry paste

Add 1 package of Glace de Viand and coconut milk

Add tomatoes, potatoes, some cilantro and soy sauce

Simmer

Before serving, add red pepper, the rest of the cilantro, sugar and Thai fish sauce.

Goat Loin (boneless)

Rub with olive oil, salt and pepper

Sear on both sides

Cut carrots, parsnips into thin strips the size of baby asparagus

Blanche carrots, parsnips and baby asparagus in water

Open puff pastry (grocery freezer section) - roll out - brush with beaten egg

Place loin on pastry - brush with beaten egg

Place the blanched carrots, parsnips and baby asparagus on the meat - sprinkle with bread crumbs

Roll meat with filling - brush with egg

Roll and fold pastry - brush with egg

Bake at 400° for 20 minutes

Goat Chops

Make Duxelle: chop 5# mushrooms and 2 onions, mix with salt, pepper, marjoram, stick of butter and 1/2 bottle of wine (dry, white); cook 20-30 minutes on high heat or until dry.

Quick chill in freezer.

Rub chops with salt and pepper - sear on both sides

Take 2 sheets of fillo dough - brush with melted butter - 2 more sheets, brush again

Cut fillo dough (all 4 sheets stacked up) into 3" squares, wrap chops in fillo dough squares with

Duxelle and chevre cheese. Back at 400° for 20 minutes

Red Wine Sauce

Chop garlic, tomato, onion, and rosemary

Cook in olive oil

Add 1/2 bottle of red wine, some balsamic vinegar and one cake of Glace de Viand

Cook to sauce thickness

Glace de Viand

Bake 10# bones in olive oil until brown

Chop 1/2 lb. celery, 1 lb. onions and 4 tomatoes

Cook bones and vegetables in water

Simmer overnight

Strain

Cook down to gel

Some Greek goat dishes from Kelly and Pia Tsakoumagos

TYIOUVETSI

6lbs	Goat leg or shoulder thickly cut.
¼ cup	Butter or Olive Oil
1lg	Onion Chopped
2 cloves	Garlic chopped
2 cups	Crushed Tomatoes
¼ tsp	ground cinnamon
1/8 tsp	nutmeg
4 cups	Water or Vegetable Stock
2 cups	Orzo
	Salt
	Ground Pepper

Preheat oven to 350oF

Sautee meat, onions olive oil, Cinnamon and Nutmeg in a sauce pan. Until meat is browned on all sides. Place lamb mixture in a baking dish bake for 20 minutes. Add tomatoes, Salt, Pepper. Baste meat with tomato liquid and cook for an hour until meat is tender, adding a little of the water or stock if necessary. When meat is cooked add water or stock and stir in pasta. Cook for 20 minutes, stirring occasionally, and adding a little more liquid if mixture looks dry. Cook until pasta is tender. Serve immediately.

Roast Stuffed Shoulder of Goat (chevon)

4lbs	Whole shoulder of goat
2 tbs	Olive Oil
	Salt & Pepper
1	12oz can crushed tomatoes (optional)

Stuffing:

½ oz	Butter
½ cup	Mushrooms (fresh or canned)
½ cup	Bread crumbs
½ tsp	Italian Seasoning mix (mixed herbs)
1	Egg (beaten)
3 ½ oz	Prepared Stuffing Mix

In a large mixing bowl mix all the stuffing ingredients. Partially separate the meat from the bones creating a pocket. Place stuffing in pocket loosely. Do not pack tight. Roll up and tie firmly with string. Place meat on rack in roasting pan. Rub with olive oil and sprinkle with salt and pepper. (Add tomatoes) Cook at 350o F for 45 minutes per pound stuffed weight.

Goat Stew

¼ cup	All-purpose flour
	salt & pepper
3 lbs.	goat -- cut into 2" cubes
¼ cup	Olive oil
1 whole	Bay leaf
¼ tsp.	Thyme
¼ tsp.	Oregano
1 clove	Garlic
2 cups	Chicken or (vegetable) stock
1 cup	white wine
1 can	Crushed Tomatoes
2 doz.	Pearl onions (small white onions) -- blanched and peeled
½ cup	black olives -- pitted

Season flour with salt and pepper and dredge lamb cubes in it. Heat olive oil in large soup kettle over medium high heat. Brown lamb cubes in oil. Sprinkle herbs and garlic over lamb and add stock, wine, and tomato sauce. Season with additional salt and pepper to taste. Simmer over medium heat for 1-1/2 hours. Add blanched onions and olives. Cook for an additional ½ hour. Serve Hot.

Greek Goat & Orzo

1 lb.	ground goat
2	16 oz. cans stewed tomatoes, undrained
½ cup	Water or vegetable stock
1 med.	Onion chopped
1 clove	Garlic minced
1 cup	uncooked orzo pasta
	salt & pepper

Cook lamb in a 10" skillet over medium high heat, stirring occasionally, until no longer pink; drain. Stir in onions and garlic sautee until the onions are tender. Add tomatoes, water orzo, salt and pepper. Stir through. Heat to boiling; reduce heat. Cover and simmer for about 15 minutes, stirring frequently, until tomato liquid is absorbed and orzo is tender.

Eggplant Chevon and Rice Casserole

2 lbs	Eggplants
½ lb	Ground Goat – lean
2 tsp	Olive Oil
2	med, Onions Chopped
1	large Red Bell Pepper (seeded and chopped)
2 cloves	Garlic -- minced
14 ½ oz	Tomatoes, Canned -- undrained
2 tsp.	Oregano
½ tsp.	Thyme
½ tsp.	Ground Cinnamon
¼ tsp.	Ground Cloves
1 cup	White Rice
14 ½ oz	Beef Broth – defatted or Vegetable Broth
2 oz	Feta Cheese -- crumbled
	Salt And Pepper -- to taste

Preheat oven to 450 degrees. Cut eggplants in half lengthwise. Place eggplant halves, cut-side down, in a roasting pan. Add water to a depth of 1/2 inch. Bake until tender, 20 to 25 minutes; set aside. Reduce oven temperature to 400 degrees. While the eggplant is roasting, heat a large nonstick skillet over medium-high heat. Add ground lamb and saute, breaking up the meat with a wooden spoon, until browned, 3-5 minutes. Transfer to a colander and drain off fat. Set aside. In a Dutch oven, heat oil over medium heat. Add onions and cook until golden, about 5 minutes. Add red peppers and garlic and cook for 2 minutes longer. Stir in tomatoes and their juice, oregano, thyme, cinnamon and cloves. Simmer, breaking up the tomatoes with a wooden spoon, until the mixture has thickened slightly, 3-5 minutes. Scoop out eggplant flesh and chop coarsely. Stir rice, beef broth, chopped eggplant and the reserved lamb into the tomato mixture; bring to a simmer. Cover the pan and place it in the oven. Bake for 30 to 35 minutes, or until the rice is tender and the liquid has been absorbed. Season with salt and pepper. Dot with feta and serve.