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Jamaican Goat

We tried this recipe in the spring with goat chops. It's delicious with any cut of goat meat, though. Don't let the long list of ingredients intimidate you — it's an easy dish.

Ingredients:

- 3 Tbl. vegetable oil
- 2 lbs. goat meat (stew meat or bone-in cuts such as shanks or chops)
- 1 large onion
- 2 C. vegetable or beef broth
- 1 tsp. allspice
- 1/2 tsp. dried thyme
- 1 tsp. garlic, minced
- 3 Tbl. curry powder
- 1 tsp. salt
- 1 tsp. ground pepper
- 1 Tbl. wine vinegar
- 3 dashes of hot sauce
- 2 Tbl. brown sugar
- 1 Tbl. lime juice
- 1 C. coconut milk
- 2 sliced scallions for garnish

Heat the oil quickly in a heavy pan such as a Dutch oven. Brown the goat meat quickly in the oil and set aside. Turn the heat down and saute the onions until soft. Add the garlic and saute for 2-3 minutes.

To the onions add the broth, allspice, thyme, curry powder, salt, pepper, vinegar, hot sauce, brown sugar, coconut milk, and the lime juice. Stir together. Put the meat back in the pot and simmer on low for 2 hours, or in a Crock-Pot for 4-6 hours. Serve over rice.

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