



# Goat Recipes

## Goat and Cheese Nachos

- 1 lb ground goat meat
- 1 32 oz package of Velveeta Queso Blanco
- 1 8 oz package of cream cheese
- 1 medium onion, finely chopped
- 1 or 2 small cans of mild green chilies (depending on how hot you'd like it)
- 1 12 oz can condensed milk
- 1 pickled jalapeno pepper, chopped (optional)
- Tortilla chips
- Chopped green onions and/or chopped tomatoes

In a heavy Dutch oven or a deep non-stick skillet, over a low flame, cook the ground goat meat and the chopped onion until meat is no longer pink and onion is translucent. Add the green chilies and condensed milk. Cut the cream cheese and the queso blanco into 1 inch cubes and add to the meat and milk mixture. Stir the mixture constantly so the cheeses melt and the contents do not stick to the bottom of the pan, about 15 minutes

Taste the mixture, and if desired, add the chopped jalapeno pepper to make it spicier. Mixture will be whitish tan (rather than the bright orange color associated with the cheese goop) and rather thick. Serve with tortilla chips and garnish with chopped green onions and/or chopped tomatoes. Hard to estimate how many this will serve as it is a crowd pleaser and disappears quickly.

## Goat and Cheese Stuffed Poblanos

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|-------------------------|--|
| 1 lb ground goat meat   | 4 medium poblano peppers                       |
| ¼ tsp salt              | 1 (14.5 oz) can petite diced tomatoes, drained |
| 2 cloves garlic, minced | 1 cup rice, cooked                             |
| 1 tsp cumin             | 1 cup corn kernels                             |
| ½ tsp chili powder      | 1 cup Monterey-Jack cheese, shredded           |
| ½ tsp paprika           | ¼ cup fresh cilantro, chopped fine             |
| ¼ tsp salt              | ½ cup cotija cheese, crumble                   |
| ¼ tsp black pepper      |  |
| ¼ to 1/3 cup water      |  |

Over low heat in a large skillet, saute the ground goat until cooked through (about 5-7 minutes). Add onion and garlic and continue to stir until onion is soft. Add cumin, chile powder, paprika, salt and pepper. Stir and add water. Saute until water evaporates, about 3 minutes. Remove from heat and let cool to room temperature.

On your outdoor grill, preheat until very hot. Rub poblano peppers lightly with oil. Place on the grill and let the skins blister and char on both sides. Remove peppers from the gas grill and place in a large zip-top bag. Zip bag closed and let sit for 10 minutes, then open the bag and pull off the skins. Set aside to cool completely.

In a large bowl, combine the meat/onion mixture, the tomatoes, rice, corn, shredded cheese and the cilantro. When the peppers are cool enough to handle, make a slit from where the stem meets the skin to the tip of the pepper, removing any seeds and membranes but leaving the stem on the pepper. Place each pepper on a 12x12 inch piece of foil sprayed with non-stick cooking spray. Fill each poblano with  $\frac{1}{4}$  of the meat mixture.

Lift the top and bottom of the foil and begin folding the foil down over each pepper, leaving room for heat circulation. Fold up the sides to create a packet around the poblano, then place each pepper in foil on the grill over medium heat. Cook for 20 minutes. Carefully open each packet and top each pepper with cotija cheese before serving.

## Mesquite-Grilled Cabrito

(Cabrito should be crisp on the outside and tender on the inside. It can be served cubed or shredded. This simple barbecuing technique also works with ribs and chicken. Half the goat's weight is bone, so don't be misled by seemingly gigantic servings.)

- 2 gallons of water
- 3 T salt, divided
- 1 cup distilled white vinegar
- 6 to 8 baby goat on the bone
- 2 T lard
- 3 cup warm water

Pour 2 gallons of water into a large tub, add the vinegar and 2 T of salt. Place the goat in the tub and wash it thoroughly.

While it is soaking, build a large mesquite wood fire in a barrel barbeque pit. The grate's cooking surface should be at least 24 by 36 inches. Burn the wood down to white coals and make a 2 to 3 inch bed of coals under the grate by shoveling in the necessary amount of coals.

For the basting mixture, place the lard and remaining salt in a bowl. Add warm water and let stand until the lard and salt are dissolved.

Remove the meat from the tub. You can leave it whole or cut it into pieces. Place meat on the grate, roughly 20 to 24 inches above the coals. Roast the goat for 2 to 3 hours, turning it frequently and applying the basting mixture until the goat is golden brown on all sides.

## Ranchero Sauce

This is the sauce used for catfish, steak or chicken tampiqueno, chiles rellenos, huevos rancheros, tostado compuestas, and enchiladas. (Instead of bell pepper, try using green chiles)

3 T vegetable oil  
1 cup chopped white or yellow onion  
½ c chopped celery  
½ c chopped bell pepper  
2 T Tex-Mex spice (see below)  
3 T flour  
2 c chicken or vegetable broth  
1 can (8 oz) tomato sauce  
1 can (14 ½ oz) whole tomatoes  
Water, if needed

Heat oil over medium heat in a 1-quart saucepan or a 10-inch cast iron skillet. Add onion, celery and bell pepper. Turn down heat and cook just until onion is translucent. Do not allow vegetables to brown. Add Tex-Mex Spice and flour, mixing well. Simmer until flour begins to color, about 3 to 4 minutes, watching carefully to prevent burning.

Add the chicken or vegetable broth, tomato sauce and whole tomatoes. With a flat spatula, scrape bottom of pan and break up tomatoes into sauce. Turn heat to low and let sauce simmer gently for 25 to 30 minutes. Add water, if necessary, to make 1 quart.

Variation: Add three whole jalapenos to the sauce when mixing in the tomatoes. After simmering the sauce, remove whole jalapenos and set aside. Break up one jalapeno in a small bowl and chop into little pieces. Stir back into the sauce. Taste the sauce--- if additional heat is desired, continue adding the cooked jalapenos to taste.

## Tex-Mex Spice

3 T plus 2 tsp of ground cumin  
3 T granulated garlic  
2 T salt  
1 T coarsely ground black pepper

Mix and store in a glass jar or a ziplock bag.

## Fondue with Goat Meat

Cooking meat in a fondue pot isn't hard but take time for a few preparations to make it tasty. Select tender cuts of goat meat, cut into uniform-sized pieces, that have been marinated overnight in some sort of acidic solution (vinegar or citrus juice) along with aromatic herbs (rosemary, garlic, chili powders) for tenderizing.

Use very hot vegetable or beef broth to cook goat cubes. Remember that the more fondue forks in the cooking liquid, the lower the temperature drops, thus it will take more time (and perhaps toughen the meat) for it all to cook.

We like to fondue with at least two pots --- one for cooking the goat and one for dipping bread cubes into a gooey cheese mixture in the other.

As a rule of thumb, plan on about six to eight ounces of goat meat per person. I like to offer two or three dripping sauces for the meat. Plan on using small ramekins for the sauces, shared between two people.

For dipping into the cheese fondue, I use sourdough bread or a dense, dark bread such as pumpernickel, cut into 1 ½ inch cubes. Serve with fruit salad and for dessert, Mexican wedding cookie. It's fun to fondue!

### Tangy Red Sauce

¾ cup ketchup  
2 T lemon juice  
1 tsp horseradish  
Dash of Worcestershire sauce

### Oriental Sauce

¼ cup low-sodium soy sauce  
½ cup brown sauce  
Dash of sirracha sauce

### Blue Cheese Sauce

½ cup sour cream  
½ cup mayonnaise  
¼ cup blue cheese crumbles  
Dash of Worcestershire sauce  
1-2 T milk as needed to thin sauce

## California Sweet Potato Chili

1 lb ground goat meat	1 tsp oregano
1 onion, diced	¼ tsp red (cayenne) pepper
1 red bell pepper, diced	½ ground cinnamon
3 cloves garlic, minced	2 cans (15 oz each) of fire roasted tomato sauce
2 T chili powder	2 cans (15 oz each) of pinto beans (with liquid)
1 T smoked paprika	2 cups beef broth
1 tsp ground coriander	1 ½ lb sweet potatoes, cut in ½ inch cubes
1 tsp ground cumin	

In a stockpot, over low heat, warm 1 T oil and add meat, cooking until brown. Transfer to a bowl and set aside. Add another tablespoon of oil to pot and put in chopped onion and bell pepper, cooking 2-3 minutes. Add garlic, spices and 1 tsp salt to the pot, stirring and cooking for one minute. Add remaining ingredients, including ground goat meat, and bring to a simmer. Cook until sweet potatoes are tender, about 30-40 minutes.

## Filipino Goat Caldereta (Stew)

1 lb bone-in goat meat, cut into Large chunks	2 c beef stock
¼ c vinegar	1 potato, peeled and cut into large chunks
¼ c soy sauce	2 carrots, peeled and cut into large chunks
4 cloves garlic, crushed	½ c green peas
1 T vegetable oil	½ t salt
1 onion, chopped	¼ t pepper
1 red bell pepper, cut into 1” Squares	1 pinch cayenne pepper
1 c tomato sauce	

Mix goat meat with vinegar, soy sauce, and garlic in a large bowl; cover and refrigerate from 1 to 8 hours. For best flavor, marinate at least 6 hours. Remove meat from marinade and pat dry with paper towels; reserve marinade and garlic cloves.

Heat vegetable oil in a large pot over medium high heat and brown the goat meat, working in batches if necessary, 10 to 15 minutes. Set goat meat aside. Cook and stir onion, red bell pepper, and garlic cloves from the marinade over medium heat until onion is translucent, about 5 minutes; pour in tomato sauce and bring mixture to a simmer. Allow to cook down slightly, about 5 minutes.

Return goat meat to the sauce and pour in reserved marinade and beef stock. Bring to a boil, reduce heat to low, and simmer covered until goat meat is partially tender, 30 to 40 minutes. Stir in potato, carrots, and peas; season with salt, black pepper, and cayenne pepper. Simmer until goat meat is very tender and potato and carrots are cooked through, 20 to 30 minutes. Adjust seasonings before serving.

## Marinated, Grilled Goat Chops

8 goat chops	pepper
150 ml red wine	dried chili flakes
1 clove garlic	

Prepare the marinade in a shallow bowl and add chops, cover and allow the marinade to work its magic.

There is no need to refrigerate. In fact, by leaving them out of the refrigerator the chops will come up to room temperature. Depending on how pink the cooked meat should turn out, cooking direct from the refrigerator can leave the central pink meat cold while the exterior is already cooked.

Perfectly grilled goat chops—just pink inside—will take about 4 minutes on each side assuming that your chop is about 1 inch in thickness.

If using an instant read thermometer looks for:

Medium Rare --- 145 F or 62.8 C

Medium – 160F or 71,1 C

Well Done – 170F or 76.7 C

Most importantly, when within a couple degrees of the desired core temperature, take chops off the heat and allow them to rest for five minutes, giving the meat chance to relax and re-absorb some of the juices that get squeezed out of the muscle as it contracts over the intense heat. The core temperature of the meat will rise a couple of degrees during this resting phase.

## Chili Con Carne

### **Ingredients:**

16 oz goat burger  
4 Tbsp chopped onion  
4 tsp Cumin  
4 tsp Chili powder  
1 tsp Garlic  
6 cups diced tomatoes  
with juice

1. In a pot, brown ground goat burger with onions and spices over low-medium heat.
2. Reduce heat to low, add tomatoes and mix thoroughly.
3. Simmer one hour and adjust salt, pepper, and Franks hot sauce to taste.

Yield: 4 servings

## Hard or Soft Shell Tacos

### **Ingredients:**

16 oz goat burger  
2/3 cup water  
1 pkt Taco Seasoning

1. In a skillet, brown ground goat burger
2. Stir in water and seasoning mix, heat to boiling
3. Reduce heat, simmer uncovered 2 to 4 minutes, stirring often, until thickened

Yield: 4 servings

## Osso Buco-Style Meatballs

### Meatballs:

- 1 slice whole wheat bread
- 1/3 c milk
- 1 lb. ground goat meat
- 2 oz (about 3 slices) smoked bacon, finely chopped
- 1 egg
- 1 tsp salt
- Finely ground pepper (5 twists of pepper mill)
- 1 T chopped parsley
- 3 T grated Parmesan cheese
- 2 T chopped shallots or red onion
- 1/3 c olive oil
- 1 c breadcrumbs

### Sauce:

- 2 T butter
- 1 medium onion, finely chopped
- ½ c chopped carrots
- ½ c chopped celery
- 1 c dry white wine
- 1 can (14.5 oz) chopped Italian tomatoes, undrained

Gremolata: (this is a traditional Italian condiment that is served with rich meat dishes)

- 1.5 T finely grated lemon zest
- 1/3 c minced fresh parsley
- 1 medium clove garlic, finely minced

For the meatballs, combine the bread and milk in a large bowl. When bread is soft, mash it with a fork, then add the goat meat, bacon, egg, salt, pepper, parsley, cheese, and shallots to the bowl and mix thoroughly. Form meatballs into 1.5-2 inches in diameter.

Heat olive oil in a frying pan over medium-high heat. Dredge the meatballs in the bread crumbs, then brown them on all sides. Remove meatballs from skillet and set aside. Preheat the oven to 350 degrees.

For the sauce, add the butter to the dripping in the skillet; put the chopped onion, carrots, and celery in the skillet and cook, stirring, until softened. Add the wine and simmer 5 minutes, and then the tomatoes, with liquid, and simmer an additional 5 minutes. Transfer the sauce and meatballs to a 3-quart casserole dish, cover, and bake 1 hour. Allow the meatballs to cool while you prepare the gremolata.

Combine the lemon zest, parsley and garlic in a small bowl. Serve the warm meatballs with a sprinkling of the gremolata over mashed potatoes. Serves 6-8

## Spanish-Inspired Leg of Goat On a Bed of Chickpeas, Tomatoes and Saffron

By Bruce Weinstein and Mark Scarbough

3 medium garlic cloves, peeled	1 medium yellow onion, chopped
2 T fresh oregano leaves	½ c chopped fresh parsley leaves
2 T olive oil	1 tsp smoked paprika
1 tsp salt	1 tsp ground cloves
1 tsp ground pepper, divided use	½ tsp ground cinnamon
One 4-lb leg of goat	½ tsp saffron threads set in a small bowl with 1 T hot water for 10 minutes
3 ½ c of reduced-sodium diced tomatoes, drained	2 bay leaves
3 c of canned chickpeas, drained and rinsed	
2 c dry sherry	

Mash the garlic, oregano, olive oil, salt and pepper together into a paste using either a mortar with a pestle or in a mini food processor. Spread this mixture all over the goat leg and set the leg aside at room temperature while the oven preheats to 350 degrees, about 10 minutes. Mix everything else in a large roasting pan (including the saffron and hot water). Put the prepared goat leg on top of the vegetables and place the pan in the oven. Bake until the meat is pulling away from the bone and quite tender, between 3 and 4 hours. Don't go by internal temperature - just notice how tender the meat is and how it should be pulling away from the bone, particularly at the joint. Let it cook until it's ridiculously tender. Serves 6.