



FARMERS FEEDING UTAH

Goat

With the growing popularity of Caribbean and Indian cuisine in America, goat meat is finding its way into many more recipes. Goat is thought to have been one of the earliest domesticated animals. Cave art 10,000 to 20,000 years ago indicates that goats were common and important food animals. At the present time, goats provide the principle source of animal protein in many North African and Middle Eastern nations. Goat is also important in the Caribbean, in Southeast Asia, and developing tropical countries.

There are no quality or yield grades for goat meat. Retail cuts of goat are similar to those for lamb or mutton. Goat should have light pink to bright red, firm, fine-grained flesh with well-distributed white fat. In some breeds of goat, there can be color variation between males and females; in other breeds, there is no difference. Goat is considered red meat.

BEST COOKING PROCEDURES

For safety, cook ground goat meat to 160 °F as measured with a food thermometer. Cook all raw goat beef steaks, chops, and roasts to a minimum internal temperature of 145°F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures. Less tender cuts should be braised (roasted or simmered with a small amount of liquid in a tightly covered pan) or stewed.

Kid meat lends itself to all recipes for lamb: chops, leg or shoulder, crown roasts, rack or saddle, and kebabs. Goat meat rarely has much fat to protect it from drying. Goat meat is generally quite lean, although its higher moisture content makes it tender when handled properly. The meat of adult goats is almost always subjected to stewing because of its relative toughness, but in stews, it is flavorful and tender.

CLASSIC USES

- Goat Stew
- Jamaican Curry Goat



Recipes

Goat Stew

Recipe from Create Better Health (SNAP-Ed)

Prep Time 6 hours 30 minutes

Cook Time 1 hour 10 minutes

Total Time 7 hour 40 minutes

Servings 4

INGREDIENTS

1 lb. goat meat, cut into large chunks
¼ cup vinegar
¼ cup lite soy sauce
4 cloves garlic, crushed
1 Tbsp vegetable oil
1 onion chopped
1 red bell pepper cut into 1-inch squares
1 cup tomato sauce
2 cups beef broth
1 potato, peeled and cut into large chunks
2 carrots cut into large chunks
½ cup green peas
¼ tsp pepper
1 pinch cayenne pepper

DIRECTIONS

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 black pepper and cayenne pepper. Simmer until goat meat is very tender and potato and carrots are cooked through, 20 to 30 more minutes. Adjust seasonings before serving.

Recipes

Jamaican Curry Goat

Recipe from Create Better Health (SNAP-Ed)

Prep Time 15 minutes

Cook Time 2 hour 30 minutes

Total Time 2hour 45 minutes

Servings 6

INGREDIENTS

3- 3 1/2 pounds goat meat (cut in chunks)
¼- ½ cup canola oil
2 tsp minced garlic
1 -2 tsp minced ginger
1 medium onion sliced
4-5 Tbsp curry powder
1 tsp pepper
1-2 tsp thyme
2 green onions sliced
2-3 medium potatoes
1 Tbsp tomato paste
1 scotch bonnet, habanero or jalapeño pepper
Salt to taste

DIRECTIONS

Season goat with, salt and pepper. Set aside.
In a large pot, heat oil over medium heat, until hot, add the goat meat sauté stirring, frequently, until goat is brown.
Add curry, stir for about 1-2 minutes.
Add the garlic, ginger, white pepper, onions, thyme, tomato paste, scallions (green onions) and hot pepper stir for about a minute.
Pour in just enough water to cover the goat and bring to a boil and let it simmer until tender (depending on the goat size and preference) about 2 hours or more, stirring the saucepan occasionally and adding more water as needed.
About 15-20 minutes before you remove from the stove add potatoes. Continue cooking until potatoes are tender.
Adjust thickness of soup with water or stock.
Serve with brown rice.