

Curried Goat

REF:

Serves: 4

Cuisine: Caribbean

Preparation time: 2 Hours 30 Minutes

Cooking time: 14 Minutes (plus 4 Hours marinating)

Ingredients:

1 kg	Lean goat meat, cut into large chunks
½	Lime, juice only
2 tbsp	Mild curry powder
2 tbsp	Allpurpose seasoning
6 tbsp	Groundnut oil
425 ml	Vegetable stock
1	Onion, roughly chopped
2 cm	Piece fresh root ginger, finely chopped
1	red chilli or scotch bonnet pepper, chopped
2 cloves	Garlic, finely chopped
10	Allspice berries
½	Red pepper, seeds removed, diced
½	Green pepper, seeds removed, diced
2	Spring onion, roughly chopped
2	Waxy potatoes, cut into chunks
2 tbsp	Chopped flat leaf parsley
2 tbsp	Chopped fresh coriander
Boiled rice, to serve	

Method:

1. Place the goat into a large bowl and add the lime juice, curry powder and allpurpose 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 nonstick 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 isnt 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
5. Add the onion, ginger, chilli, garlic and allspice berries and stir gently. Add all of the remaining ingredients except for the potato, herbs and rice.
6. 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.

7. 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.

To Serve:

Spoon the curry alongside some boiled rice and garnish with the fresh chopped herbs.

Chef's Notes:

If you cannot find Goat meat, then Lamb or Mutton is a good substitute.