

Ground Goat

## *Goat Meat Chili*

### **INGREDIENTS:**

2 tablespoons cooking oil  
2 cups chopped onions  
1 tablespoon ground oregano  
2 tablespoons ground cumin  
1 teaspoon garlic powder  
1 tablespoon salt  
3 lbs lean ground goat  
1/2 cup and 2 tablespoons chili powder  
1/2 cup flour  
8 cups boiling water

### **DIRECTIONS:**

1. In heavy pot, saute onions in cooking oil. Add oregano, cumin, garlic powder and salt.
2. Stir and saute until onion is almost clear, then add ground meat. Cook and stir until crumbly and almost gray. Add chili powder and flour, stirring vigorously until thoroughly blended.
3. Lastly, add boiling water, bring mixture to a boil, and simmer for not more than one hour. Seasonings may be adjusted to individual taste.
4. Serve beans as a side dish.

## **Albóndigas de la Cabra**

This Very Old Recipe Comes From Morocco (Serves 4)

Ingredients:

1 & 1/2 Lbs Lean Ground Goat/Cabrito Meat  
3 Tbs. Vegetable Oil  
3/4 Cup Finely Chopped Yellow Onion  
1 tsp. Ground Cumin  
1 tsp Sea Salt  
1/8 tsp Ground Cloves  
1/4 Cup Finely Chopped Fresh Cilantro  
4 Fresh Chilies, such As Anaheim, Minced  
1 tsp Garam Masala (Moroccan Spice Blend)  
1 Egg  
2 Tbs Milk  
1 Thick Slice Dry French or Italian Bread, Crusts Removed

Directions:

In a Large Nonstick Fry Pan Over Medium-High Heat, Warm the Oil. When Hot, Add the Yellow Onion and Cook, Stirring Often, until it Turns Caramel Brown, about 8 Minutes. Transfer to a Bowl and Add the Meat, Garam Masala Spice, Salt, Cloves, Cilantro, Chilies and Egg.

In a Small Bowl, Soak the Bread in the Milk for 1 Minute, Mash it to a Pulp and add it to the Meat Mixture. Mix Thoroughly, Preferably with Your Hands, kneading the Mixture until it is uniformly Smooth and Silky. Divide the Mixture into 4 Equal Portions, And then Make 6 Meat Balls With Each Portion. (If Necessary, Dip Your Fingers in Water to Prevent the Meat from Sticking To Them While You Make the Meat Balls)

Heat a Large Nonstick Fry Pan Over High Heat Until Hot. Place 12 Meat Balls in the Pan. Reduce the Heat to Medium-High and Fry, Shaking the Pan and Turning the Meat Balls, Until They Are Cooked Through and Brownd All Over, About 8 Minutes. Repeat Again with the Remaining 12 Meat Balls If Necessary, reduce the Heat to Medium during the Last Few Minutes of Cooking.

Makes 24 "Albóndigas de la Cabra" Meat Balls

#### **Ultra-Juicy, Skillet Grassfed Goat-burgers**

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*Should serve 4 hungry folks without any problem.*

Here is a unique twist for hamburgers for your family. Use grassfed goat-burger for an interesting taste experience. Goat, or chevon as it is widely known, is a staple red meat for much of the rest of the world outside the US. It is very lean and healthy, especially when it is grassfed. If you enjoy whitetail deer meat you should really enjoy this grassfed goat-burger experience. Goat has a specific taste, but we don't think it is near as stout as wild venison. This recipe should make some succulent grassfed goat-burger patties for you and your family to enjoy!

1 lb of grassfed ground goat (goat-burger), thawed  
1 medium sweet onion, chopped  
1 teaspoon of dried rosemary leaves  
1 teaspoon of dried thyme leaves  
1 teaspoon of dried cilantro  
1 teaspoon of ground cumin  
1 teaspoon of sea salt or natural trace mineralized salt such as Redmond™  
Black pepper to taste  
2 tablespoons of Dijon mustard  
1 tablespoon of Worcestershire sauce  
5 tablespoons of olive or canola oil  
1 tablespoon of butter

**Note:** When available use locally produced or homegrown organic ingredients. Support your local, sustainable agricultural producers.

- 1) In a medium skillet, heat 2 tablespoons of the oil over medium to high heat. Add the onion, lower the heat, and sauté for about 20 minutes until nicely browned and caramelized. Be careful to not allow onions to stick to skillet. Set aside to cool.
- 2) Place the goat-burger in a mixing bowl, mix in the onions, rosemary, thyme, cilantro, cumin, salt, pepper, cumin, mustard, and Worcestershire sauce.
- 3) Shape the goat-burger into 4 to 6 patties.
- 4) In a cast iron skillet heat the remaining olive oil and the butter over medium-to-high heat.
- 5) Cook the patties in oil and butter until medium to medium-well, from about 10 to 12 minutes on each side. The oil is to help retain moisture and prevent sticking. Grassfed goat-burger is very lean.

When done, serve with your favorite hamburger buns, sliced cheese (grassfed and/or organic), fresh lettuce, homegrown tomatoes, and your favorite condiment—such as ketchup, mustard, mayonnaise, barbeque, or other sauce.