

Recipe: Braised Goat With Herbs

Time: 3½ hours plus overnight refrigeration

1 to 2 goat legs, about 7 pounds total

For the marinade:

Salt and pepper to taste
2 cups white wine
1 cup extra virgin olive oil
½ head of garlic, split from root to stem
3 large stems rosemary
½ cup fresh thyme leaves
2 bay leaves

For the braising liquid:

4 tablespoons butter
1 large onion, peeled and diced
Remaining half head of garlic, unpeeled
2 cups dry white wine
5 cups veal or beef stock
3 large stems rosemary (about ½ cup)
½ cup fresh thyme leaves.

1. Lightly season legs with salt and pepper. Place legs with other ingredients for marinade in a sealed plastic bag or bags and leave in refrigerator overnight.
2. Remove from marinade and pat dry; discard marinade. Heat butter over medium high heat in a Dutch oven or other casserole large enough to hold goat meat until it starts to sizzle. Add goat legs and brown slowly over medium low heat, basting frequently for about 10 minutes until golden brown on each side. Remove legs and drain off all but a few tablespoons of butter.
3. Heat oven to 400 degrees. Put onion and garlic in Dutch oven. Sauté over medium heat until onions are soft and translucent, adding more butter if needed. Pour in wine, bring to a boil and reduce by half, about 10 minutes. Add enough stock to almost cover meat. Add rosemary and remaining thyme. Turn heat to high, bring to a boil, then reduce to a low simmer. Add meat, cover and place in oven for about 3 hours, basting occasionally.

Yield: 6 to 8 servings.

Recipe: Goat Stew With Ginger, Cardamom and Coriander

Time: About 2 hours

4 tablespoons vegetable oil
6 green cardamom pods

2 black cardamom pods
6 cloves
1 stick cinnamon
2 bay leaves
8 to 10 black peppercorns
4 cups diced red onions, about 1½ pounds
3 tablespoons chopped ginger
2 tablespoons chopped garlic
3 to 4 Thai or other small, hot peppers
2½ pounds goat thighs or shoulder, cut in 5-inch pieces with the bones
3 teaspoons coriander powder
2 teaspoons cumin powder
1 teaspoon turmeric
1½ teaspoons cayenne pepper
1 cup diced unpeeled fresh tomatoes
¾ cup crushed canned tomatoes
2 tablespoons tomato paste
¾ cup yogurt
2 teaspoons salt or to taste
1 teaspoon garam masala (available at Asian markets)
2 tablespoons chopped cilantro.

1. Heat 4 tablespoons of oil in a stockpot. Add cardamom pods, cloves, cinnamon stick, bay leaves and black peppercorns and sauté over medium heat, stirring constantly, until spices begin to crackle, about 5 minutes. Add onions, ginger, garlic and peppers, continuing to stir.
2. Add goat meat, cooking until the meat is brown and onions are translucent, about 20 minutes.
3. Add coriander, cumin, turmeric and cayenne and stir for about a minute. Add tomatoes, a few tablespoons of water, and tomato paste and stir. Beat yogurt well and then stir in with salt and ½ teaspoon of garam masala and continue to stir for about 8 to 10 minutes or until fat separates. Add 2¼ cups more water and bring to a boil. Cover and simmer slowly for about 30 minutes, stirring occasionally, then add another cup of water. After 20 minutes add 2 cups more water and simmer, covered, for at least another hour until tender.
4. Place in a serving bowl and sprinkle with cilantro and remaining garam masala.

Yield: about 6 servings.