



CHEVON RECIPES

Cabrigo is meat from very young, milk fed goats between 4 and 8 weeks of age. The meat is tender, juicy and very lean and tasty at this age. **Chevon** may be goat from 48 to 60 pounds and 6 to 9 months of age. The term **Capretto** comes from the Italian term “kid goat”. Whatever you call it, goat meat, when prepared properly, is delicious!

For centuries goat meat has been enjoyed throughout the Middle East, Asia and in many European countries. In fact, it is one of the most commonly consumed meats in the world. Goat is the meat of choice in some countries and is utilized in many dishes of Spanish, Middle East and Greek origin. In the United States goat meat consumption is comparatively low. The Southwest, with a large Hispanic population, is where much of the goat meat in the United States is consumed.

Today’s goat meat is prepared in many ways following diverse recipes with many different added ingredients. However, the authentic cooking practices are either baked or barbecued (asado) or stewed (guisado) with traditional cumin, garlic and chili pepper spices.

Goat meat is approximately the equivalent in caloric value to chicken and has less than half the calories of beef per serving. This is desirable for persons with a need to reduce their caloric intake. Overall, goat meat is similar in most nutrients to other species, but the cholesterol content of goat meat is slightly higher than beef or chicken.

Fresh goat meat should be removed from the market wrapping paper and re-wrapped, unless the meat is to be used the same day it is purchased. Fresh meat should be frozen if it is to be kept for three days or more and should be placed in the coldest part of a refrigerator or in the meat compartment. Goat meat which has been properly wrapped and promptly frozen at 0 F or lower can be kept for 6 to 9 months. Cooked goat meat should also be chilled rapidly, covered and stored in the coldest part of the refrigerator.

Goat meat will lose moisture and can toughen quickly due to low fat content if it is exposed to high, dry cooking temperatures. Therefore, two basic rules are: 1) cook it slowly (low temperature) and 2) cook it with moisture. Tender cuts of meat are usually best when cooked by a dry heat method such as roasting, broiling or frying. Less tender cuts are tenderized by cooking with moist heat such as braising and stewing.

Tender cuts of goat meat are the legs, ribs, portions of the shoulder cut, the loin roast and the breast. Less tender cuts of meat are stew meat, riblets and shanks. Cooking any meat at low temperatures results in a more tender and flavorful product with more juice.

Recipes for cooking goat meat are varied. Goat meat does have its own distinct flavor and aroma. If prepared with patience and adequate moisture, you and your family will enjoy a fine feast.

Recipes for Cabrigo and Chevon

Cabrigo Guisado #1

4 pounds kid goat meat, cubed	1 8oz. Can tomato sauce
1 tablespoon vegetable oil	2 tablespoons flour
2 teaspoons salt	½ cup water
4 teaspoons mixed spices (peppercorns and cumin)	
3 garlic cloves	

Cut meat in cubes and brown in oil; add salt. Grind spices and garlic and add a small amount of water. Add spices, tomato sauce, and enough water to cover meat. Simmer for 30-40 minutes. Blend flour and ½ cup water. Stir into meat to make gravy. Serve with flour or corn tortillas. Serves 8-10.

Cabrigo Guisado #2

8 to 10 pounds cabrito	2 or 3 teaspoons garlic powder
5 small tomatoes, cut up	1 teaspoon cumin (comino)
2 green bell peppers, cut up	1 8oz. can tomato sauce
1 onion, cut up	salt and pepper to taste
2 teaspoons oregano	

Cut meat in cubes or chunks, place in roaster along with cut up vegetables, seasonings and tomato sauce. Simmer for 50 minutes. Add salt and pepper to taste. Yields 15-20 servings.

Cabrigo Guisado #3

8 pounds cabrito	1 whole green bell pepper, sliced
¼ cup vegetable oil (to brown meat)	1 large onion, sliced in rings
3 tablespoons salt	10 medium to large garlic cloves (use garlic press or “molcajete”)
¾ cup vegetable oil (to brown flour)	2 teaspoons ground cumin (comino)
¾ cups flour	1½ teaspoons ground pepper
8 cups cold water (1 cup at a time)	1 teaspoon dried oregano
3 large tomatoes, peeled and diced	

Cut meat into ½” to 1” cubes. In a large Dutch oven heat ¼ cup oil at medium high heat. Place meat and salt in heated oil and cook for about 60 minutes, stirring occasionally. Remove from heat and set aside. In a large skillet heat ¾ cup oil, add flour and brown well. Turn off heat and add water (1cup at a time) to make gravy. Add vegetables and spices to meat and mix well. Simmer 25 to 35 minutes at medium heat till meat and vegetables are tender. Serves 10-12.

Cabrigo Guisado #4

2 pounds cabrito	¼ teaspoon whole black pepper
1 tablespoon shortening (if needed)	¼ teaspoon whole cumin seed
½ medium onion, chopped	1 or 2 cloves of garlic
1 medium green bell pepper, chopped	1 tablespoon flour, in 1 cup water
1 large tomato, chopped	salt and pepper to taste

Cut cabrito in small pieces; brown in heated shortening. Cover pan and cook slowly for about 20 minutes. Chop onion, bell pepper and tomato; add to meat and cover. Grind black pepper, cumin and garlic and add enough water to prevent sticking. Cook for a few minutes but leave enough liquid to make a very light gravy. Dissolve a tablespoon of flour in a cup of water; add to meat and cook for 2 minutes. Salt and pepper to taste. Serves 4-6.

Cabrigo Guisado #5

10 pounds goat meat (leg, ribs, soup bone)	2 celery stalks
5 pounds potatoes	2 garlic cloves
4 pounds carrots	4 cans stewed tomatoes
2 large onions	2 cups barley
2 large green bell peppers	1 gallon water
	salt and pepper to taste

Cut up meat and vegetables in bite-size pieces. Add all ingredients to water and bring to a boil. Lower heat when stew comes to a boil and simmer for 90 minutes. Salt and pepper to taste. Yields 30 servings.

Goat Masala

(This recipe is from Gaborone, South Africa)

1 leg (haunch of goat)	1 to 2 cups fresh mushrooms, sliced
1 quart water	3 tablespoons masala curry or your favorite
2 cups red or white wine or vinegar	curry blend
8 large onions, sliced	1 green bell pepper, diced
2 teaspoons salt	
2 cans stewed tomatoes	
2 cans green peas	

Cut goat meat into strips and boil with the bones for 1 hour in 1 quart of water mixed with wine or vinegar. If the goat has been hung for 3 days or so, drain off liquid and flush with fresh water after cooking. At this state, peel meat from the bone and continue cooking, adding 2 teaspoons salt, sliced onions, tomatoes, liquid from peas, mushrooms and curry. Cook 3 more hours to reduce liquid. Add peas, mushrooms and diced green pepper. Simmer for another half hour.

Asado (Barbecue/Baked)

8 to 12 pounds young goat

Barbecue Sauce

2 cups water	1 tablespoon ground black pepper
1 8oz. Can tomato sauce	1 tablespoon sugar
2 tablespoons butter	2 tablespoons vinegar
2 cloves garlic, minced	½ teaspoon cumin (comino)
1 onion, minced	½ teaspoon oregano
6 whole cloves	3 carrots, diced
	¼ teaspoon salt

Cut a very young goat (8 to 12 pounds) into serving pieces. Wash and dry the pieces. Place them in an open pan in a 350 degree oven. Cook for 20 minutes using a meat thermometer, making sure internal temperature reaches 160 degrees. Prepare barbecue sauce. Simmer for 30 minutes. Baste cabrito with sauce every 10 to 20 minutes for 2 hours or until meat is very tender.

Southwest Leg of Goat

1 leg of goat (5 to 7 pounds), boned	1 teaspoon rosemary
1 cup wine or vinegar	1 teaspoon sage

1 cup vegetable oil	½ teaspoon crushed pepper
2 cloves garlic, whole	3 large potatoes, quartered
1 bay leaf, crumbled	3 large chiles or peppers, sliced
2 teaspoons salt	2 garlic cloves, skin removed

Combine vinegar, oil and seasonings and pour over goat meat. Cover and marinate in refrigerator 12 to 24 hours, turning often. Remove goat, strain marinade and reserve. Place potatoes, onions, chiles and garlic in shallow roasting pan and pour ¼ cup marinade over vegetables. Place goat on roasting rack over vegetables. Pour ¼ cup marinade over goat. Roast at 325 degrees for approximately 25 minutes per pound. Baste with ¼ cup marinade every 20-30 minutes before carving. Serve with vegetables. Use drippings for gravy if desired.

Honey Grilled Shoulder of Cabrito

1 shoulder off goat, boned, rolled, and tied (3 ½ to 4 pounds)	2 tablespoons grated lemon peel	2 tablespoons lemon juice
1/3 cup honey		1 teaspoon salt
½ cup dry white wine		¼ teaspoon ground pepper
½ cup finely chopped onions		
½ cup finely chopped fresh mint or 1 tablespoon dried mint		

Place goat meat in glass dish. Combine remaining ingredients and pour over cabrito. Cover and refrigerate several hours or overnight. Place goat on pit over hot coals and grill 1 to 1 ½ hours. Brush occasionally with marinade. Any leftover marinade may be heated and served over sliced goat. Makes 14-16 (3 oz.) servings.

Baked Cabrito

8 to 10 pounds cabrito (young goat), cut in 2 pieces	
water to cover	3 cloves garlic, minced
1 tablespoon salt	1 cup basting sauce (recipe below)
1 tablespoon black pepper	

Basting Sauce (makes about 1 cup)

4 tablespoons unsalted butter	1 garlic clove, minced
2 tablespoons vegetable oil	1 tablespoon celery salt
2 tablespoons fresh lemon juice	1 tablespoon Italian Seasoning mix
2 tablespoons soy sauce	1 teaspoon black pepper
¼ cup minced onion	1 teaspoon dried oregano

Heat the butter, oil, lemon juice and soy sauce until butter is melted. Add remaining ingredients and simmer for 15 minutes. Remove and reheat before using for basting.

Preheat oven to 350 degrees. Place cabrito pieces in a large pot with just enough water to cover. Add salt, pepper and garlic; cover, and simmer for 2 hours. Add water as needed to keep the meat covered. Skim off the residue from the water surface as it cooks. Remove the cabrito after 2 hours, drain, and place in a large shallow baking pan. Bake for 30 minutes, turn, and bake another 30 minutes, basting often with the basting sauce. Drain off the drippings, set the oven on broil at 425 degrees, and brown both sides. Baste often while it browns. Carve into serving pieces. Serves 6-8.

Barbecued Goat – Texas Style

20 pounds goat	1 tablespoon black pepper
1 cup salt	1 tablespoon cumin (comino)
1 jalapeno, sliced	

Barbecue Sauce

2 cups sugar (to taste)	1 teaspoon salt
1 cup prepared mustard	1 teaspoon black pepper
½ cup apple cider vinegar	

Mix salt, jalapeno, black pepper and cumin; sprinkle meat generously. Top with jalapeno slices. Cook slowly on grill 2 hours (or less, depending on cut of meat). Be sure meat is well above fire (at least 20 to 24 inches). Meat may be brushed with cooking oil occasionally to prevent dryness. Prepare sauce while meat cooks. At least 30 minutes before removing from fire, brush meat with sauce so it will "set". Continue cooking and turn the meat often, brushing on sauce at every turn.

Chevon Netted Roast

2 ½ to 3 pounds cabrito roast
salt and pepper to taste

1 envelope onion and mushroom soup mix
¾ cup water

Rinse cabrito roast under tap water. Pat dry. Salt and pepper on all sides. Place roast in large stew pot or small Dutch oven that has been sprayed with non-stick coating or oiled. Mix one packet of onion and mushroom soup mix with ¾ cup water; pour into pan with roast. Bring to a simmer, reduce heat, and cook approximately 2 hours. Turn roast once about halfway through cooking time. Slice roast and serve onion-mushroom mixture as gravy. Serves 6-8.

Baked Goat

3 to 5 pound cabrito roast
1 tablespoon black pepper
salt to taste

1 tablespoon granulated garlic

Rub meat the night before cooking with garlic and black pepper. Salt right before cooking. Place meat on rack in a roaster with 1 inch of water. Put lid on. Bake at 325 degrees for 30 minutes and then turn down to 250 degrees for 2 to 3 hours, according to the thickness of meat. Secret to success: Good clean goat meat.

Cabrito Chops Jalapeno

4 goat shoulders, 1 inch thick, round bone or blade
1 teaspoon salt
½ teaspoon ground pepper
½ teaspoon ground cinnamon
1 8 oz. Can crushed pineapple in its own juice

½ cup jalapeno jelly**
¼ cup fresh lemon juice
1 tablespoon prepared mustard

Sprinkle the goat shoulders with a mixture of salt, pepper and cinnamon. Combine remaining ingredients in small saucepan. Bring to boil, stirring until jelly is melted. Broil or grill chops 4 inches from source of heat, 8-10 minutes on each side. Spoon sauce on goat last 5 minutes of cooking time. Makes 4 servings.

**May substitute apricot jam if desired.

Hawaiian Goat Mini-Kabobs

1 pound boneless leg of goat, cut in ¾ inch cubes
1 cup Italian dressing
1 clove garlic, minced
3 slices bacon, cut in 1 inch pieces
1 14 oz. Can pineapple chunks, each cut in half
¼ cup melted butter

Combine cubed goat, dressing and garlic in shallow glass dish and marinate for 1 hour or overnight in refrigerator. Alternate cubes of goat meat, bacon and pineapple on mini-skewers or round toothpicks. Brush with melted butter. Broil 5-8 inches from source of heat for 5 minutes. Serve hot. Makes 60-70 appetizers.

Cabrito Con Fideo

1 ½ pounds cabrito, cubed
2 tablespoons vegetable oil
1 small onion, diced
1 green bell pepper, diced
1 tablespoon cumin (comino) seed

½ tablespoon whole black pepper
3 small cloves garlic
1 box or 5 to 6 ounces fideo
(vermicelli)
2 fresh tomatoes, diced

Cut cabrito into bite-sized cubes and brown in skillet (an aged cast iron skillet if possible) with two tablespoons of oil until well done (approximately 20 to 30 minutes). Combine onion and bell pepper and set aside.

In blender grind comino seed, black pepper and garlic cloves until pulverized. Combine spices with cabrito and vegetables and mix well. Add fideo (vermicelli) and enough water to cover entire mixture and then add 2 tomatoes (diced). Cover and bring to slow simmer. Cook approximately 15 minutes or until fideo is tender. Do not stir until ready to serve. Like all good South Texas recipes, ingredients should be increased or decreased to suit individual tastes. Hot homemade tortillas will add to your enjoyment of this recipe. Yields 8 servings.

Goat Teriyaki

2 pounds boneless goat meat, ¼ inch thick
¼ cup sherry wine
1/3 cup soy sauce
1/3 cup canned chicken broth

1 tablespoon sugar
2 tablespoons cornstarch
1 tablespoon cold water

Trim excess fat from meat and cut into 12 pieces; pound meat slightly with meat mallet. To make teriyaki sauce, blend together sherry, soy sauce and broth. Reserve ¼ cup of the sauce. Marinate meat in teriyaki sauce about 1 hour. To make teriyaki glaze, combine the reserved ¼ cup sauce and sugar in a 1 quart saucepan. Heat but do not boil. Dissolve cornstarch in water; stir into hot sauce. Cook over medium heat until thick. Skewer meat onto bamboo skewers, 4-5 pieces of meat on each skewer, and cook over high heat on barbecue pit or hibachi. Grill for 5 minutes on each side. Dip into teriyaki glaze after cooking and serve with rice and mixed vegetable salad. Yields 6 servings.

Goat Meat Chili

2 tablespoons vegetable oil	1 tablespoon salt
2 cups chopped onions	3 lbs. lean ground goat meat
1 tablespoon ground oregano	½ cup plus 2 tablespoons Chili powder
2 tablespoons ground cumin	½ cup flour
1 teaspoon garlic powder	8 cups boiling water

In heavy pot, sauté onions in cooking oil. Add oregano, cumin, garlic powder and salt. Stir and sauté until onions are almost clear. Add ground meat; cook and stir until crumbly and almost gray. Add chili powder and then the four stirring vigorously until thoroughly blended. Add boiling water, bring mixture to boil, and simmer for less than 1 hour. Seasonings, including cayenne pepper, may be adjusted to individual taste at this time. This recipe makes approximately 14 cups (8 oz. Each) of chili. Do not add pinto beans to this chili. Serve the beans as a side dish.

Goat with Mexican Rice (Arroz con Carne)

Prepare 1 cup of uncooked rice according to package directions. While the rice cooks, prepare the following ingredients:

1 medium onion, chopped	1 heaping tablespoon chili powder
1 medium green bell pepper, chopped	½ teaspoon salt
1-tablespoon oil	¼ teaspoon oregano
1-pound lean ground goat meat	½ teaspoon cumin
1 8-ounce can tomato sauce	

Sauté onions and bell pepper in 1 tablespoon oil; then add ground meat and cook until nearly done, stirring and breaking up with a wooden spoon. Add spices, mix well, and then add tomato sauce, stirring vigorously. Add drained, cooked rice, mix well and let stand for 15 minutes before serving. Yields 6 servings.

Enchilada Casserole

1 large onion, chopped	1 can cream of mushroom soup
2 tablespoons oil	1 can hot enchilada sauce
2 pounds lean ground goat meat	12 corn tortillas
1 4-ounce can green chiles, chopped	½ pound mild cheddar cheese, grated
1 can cream of chicken soup	

Sauté onions in 2 tablespoons oil in large skillet. Add meat and brown for a few minutes, breaking up with a spoon. Add chiles, soups and enchilada sauce, mixing well; cook until thoroughly heated. Cut each tortilla in 8 pieces and arrange half in a layer in the bottom of a 13x9x2 inch-baking dish. Cover with a layer of meat mixture. Sprinkle half of the grated cheese on top of the meat. Repeat with the second layer. Bake at 350 degrees for 35 to 45 minutes. Yields 8 hearty servings.

Stir-Fry Chivon with Green Onions

2/3-pound chivon (loin or leg), cut into this slices
 2 tablespoons sesame or safflower oil
 12 green onions cut in 1-inch lengths

Marinade #1

½ teaspoon garlic powder
 2 tablespoons soy sauce
 ½ tablespoon sugar
 2 tablespoons rice wine
 2 tablespoons cornstarch

Marinade #2

3 tablespoons soy sauce
 ½ teaspoon sugar
 ½ teaspoon black pepper
 4 tablespoons water

Cut meat into uniform 1/8 -inch slices, 1-1/2 to 2 inches long. Place meat in a salable plastic bag or bowl with leak-proof lid. Add marinade #1 and shake to coat thoroughly. Refrigerate at least 1 hour, shaking at least once.

When ready to cook, stir-fry meat in 2 tablespoons sesame or safflower oil, stirring often until done. Add marinade #2 and green onions. Continue to stir fry until thoroughly hot; serve over warm rice. Yields 5 servings.

Curried Cabrito

1 pound chevon	1 tablespoon flour
salt to taste	1-tablespoon curry powder
3 ounces butter	2 ripe tomatoes, stewed and strained
2 tablespoons minced onion	1 ½ cups water
2 tablespoons finely cut celery	2 tablespoons diced apples

Cut meat into 1 –inch squares; salt meat and sauté in butter. Add onion, celery and apples; sauté thoroughly. Sprinkle mixture with flour and curry powder and cook until flour colors. Add strained tomatoes and water, cover saucepan and let cook slowly until done. Serve with steamed rice. Yields 5 servings.

Veggie Cabrito Rolls

4 boneless cabrito legs (about 5 oz. each)	2 tablespoons prepared horseradish sauce
1 medium carrot, coarsely chopped	1 large dill pickle, quartered lengthwise
1 celery stalk, coarsely chopped	2 cups vegetable juice cocktail
1 medium zucchini, coarsely chopped	

In covered saucepan place vegetable steamer over simmering water. Steam carrot and celery for 5 minutes. Add zucchini and continue to steam for 5 to 7 minutes, or until crisp and tender, and drain. Place each slice of goat between two pieces of waxed paper. With meat mallet, pound goat until about ¼ inch thick. Spread ½ teaspoon prepared horseradish sauce on each goat slice. Divide pickle, carrot, celery and zucchini for each slice. Roll each goat slice from short end and secure with wooden pick. Place goat rolls in 8x8 inch glass baking dish. Pour vegetable juice over rolls. Cover with foil and bake at 325 degrees for 50 to 60 minutes, or until goat is tender. Skim off sauce and serve. Makes 4 serving.

Zucchini Cabrito Boats

4 large zucchini (2 ½ - 3 pounds)	2 tablespoons dry white wine
2 cups cooked diced lean cabrito (16 ounces)	1-teaspoon Dijon-style mustard
2 medium tomatoes, diced	4 Melba toastrounds, crushed to fine crumbs

Place vegetable steamer over simmering water in saucepan. Cover and steam zucchini 10 to 12 minutes or until crisp -tender. Meanwhile, in medium fry pan, combine goat, tomatoes, wine, and mustard. Cook over medium heat 5 to 6 minutes or until thoroughly heated. Stir occasionally. Cut off top third of each zucchini, chop coarsely and stir into goat mixture. Scoop out zucchini and discard centers. Spoon ¼ of meat mixture into each zucchini shell. Sprinkle crumbs over cabrito. Makes 4 servings.

Tortilla Spicy Cabrito

2 cups cooked julienned cabrito	½ teaspoon ground cumin
6 small tomatoes, chopped, divided	½ teaspoon dried coriander
3 tablespoons white vinegar	8 small flour tortillas
½ to 1 jalapeno pepper, diced	1 medium avocado, sliced
1 tablespoon finely snipped onion	½ cup shredded low sodium Muenster cheese (2 ounces)
1 tablespoon finely snipped cilantro	
1/8- teaspoon garlic powder	¾ cups shredded lettuce
½ teaspoon dried oregano leaves	¼ cup dairy sour cream
½ teaspoon crushed red pepper	

Combine 1-cup tomatoes, vinegar, jalapeno pepper, onion, cilantro and garlic powder in small saucepan to make salsa. Cook over medium heat for 5 minutes and chill. In large fry pan, combine cabrito, remaining tomatoes, oregano, red pepper, cumin and coriander. Cook over medium heat 8 to 10 minutes or until cabrito is thoroughly heated. Divide cabrito and tomato mixture among tortillas. Top each tortilla with avocado, cheese and lettuce. Roll up tortillas and serve with sour cream and chilled salsa. Makes 4 servings.

Tomato Stuffed with Cabrito

2 cups diced cooked lean cabrito (16 ounces)	1 tablespoon snipped fresh parsley
4 medium tomatoes	1-½ teaspoons curry powder
1 cup sliced radishes	1 teaspoon lemon juice
6 tablespoons dairy sour cream	1/8-teaspoon ground black pepper
2 tablespoons mayonnaise	2 medium avocados, sliced

Cut tomatoes into eights, (cutting to within 1/8 inch of bottom). Combine goat, radishes, sour cream, mayonnaise, parsley, curry powder, lemon juice and pepper. Spoon ¼ goat mixture in center of each tomato. Garnish with avocado slices. Makes 4 servings.

Cabrito Riblets in Barbecue Sauce

4 pounds goat riblets	2 tablespoons brown sugar
8-ounce can pineapple chunks	2 tablespoons vinegar
1 lemon, unpeeled, thinly sliced	2 tablespoons Worcestershire sauce
¾ cup chili sauce	1-teaspoon salt
1/3 cup chopped onion	¼ teaspoon ginger
	1/8 teaspoon crushed red pepper

Brown riblets on all sides in a large fry pan. Drain pineapple chunks, set aside. Add pineapple chunks and lemon slices to riblets. Combine remaining ingredients with reserved pineapple liquid and pour over riblets. Cover and simmer 1 ½ hours or until tender. Skim off melted fat before serving. Yields 6 servings.

Cabrito and Vegetable Casserole

1 10 ounce-package frozen Lima beans	1/3 cup vegetable liquid
1 ½ cups thinly sliced carrots	1 ½ teaspoons salt
1 cup boiling water	¼ teaspoon thyme
2 tablespoons chopped onion	6 tomato slices, ¾ inch thick
1 tablespoon fat or vegetable oil	½ teaspoon salt
1 10 ½ ounce can cream of mushroom soup	2 tablespoons grated Parmesan
1-½ pounds ground goat meat	cheese

Add lima beans and carrots to boiling water. Cook covered until tender, about 15 to 20 minutes. Drain and save cooking liquid. Preheat oven to 350 degrees. Cook ground cabrito and onion in fat until cabrito is lightly browned and onion is transparent. Pour off drippings. Add soup, vegetable liquid, vegetables, salt and thyme. Mix well and pour into a 2-quart casserole. Arrange tomato slices on top of mixture. Sprinkle with salt and cheese. Bake 35 to 40 minutes. Yields 7 servings.

Cabritoburger in a Blanket with Hot & Sweet Mustard Sauce

1 package (17-1/4 ounce) frozen puff pastry	1/3 cup minced onion
½ cup fresh bread crumbs	1-tablespoon Worcestershire sauce
½ cup skim milk	1-teaspoon salt
1 egg	¼ teaspoon allspice
2 pounds ground goat meat	Hot & Sweet Mustard Sauce

Allow frozen puff pastry (can be found in bread freezer section) to set at room temperature 20 minutes. In small bowl, soak breadcrumbs in milk until liquid is absorbed. In large mixing bowl, beat egg. Add ground goat meat, soaked breadcrumbs, onions, Worcestershire sauce, salt, and allspice. Divide goat into 8 portions. Cut each sheet of thawed pastry into 4 equal pieces to make 8 sections. On floured surface, roll out each to about a 6-inch square. Spoon 1 teaspoon hot and sweet mustard sauce in center of each. Place a portion of goat mixture on each pastry square. Fold two sides of pastry to center over goat and pinch together. Fold opposite sides to center. Press down gently on patties to make them 3 ½ inches round. Place seam side down on jelly roll pan. Tuck under corners, rounding them. Repeat with remaining goat and pastry squares. Bake in preheated 350-degree oven for 30-35 minutes or until brown. Makes 8 servings.

Hot and Sweet Mustard Sauce

2 tablespoons dry mustard	¼ cup cider vinegar
2 tablespoons Dijon Mustard	2 tablespoons dry white wine
¼ cup sugar	1 egg

In non-metal bowl, mix together the mustards, sugar, vinegar and wine. Let stand, covered, overnight at room temperature. Beat egg and add to mustard mixture. Cook over medium heat or in double boiler about 15 minutes or until thickened and smooth, stirring constantly. Do not let boil. Serve immediately or cover and chill.

Goat Roast – Virginia Chandler

1 3 or 4 lb. Goat roast	1 teaspoon sage
1 cup flour	3 large potatoes
1 tablespoon salt	4 large carrots cut crossway
2 tablespoons ground black pepper	3 large onions cut into six pieces each
½ cup vegetable oil	2 packages of onion soup mix
water	

Sauce

1 cup vinegar
2 tablespoons garlic powder

1 teaspoon cumin
1 teaspoon oregano
2 whole bay leaves
1 teaspoon rosemary
1 teaspoon crushed red pepper

Salt and pepper roast all over. Roll roast in flour until well coated. Pour vegetable oil in large roasting pan. Place pan on stove burner, heat oil on high heat, put roast in and brown on all sides. While roast is browning make the sauce by mixing the next eight ingredients. When roast is browned pour sauce over roast and let set for 15 minutes. Pour water in the roast on side until the roast is covered to about one inch from top. Put one package of the onion soup over the top of the roast. Cover with lid and cook on low until the roast is tender, adding water when needed. Cut vegetables up and add to the roast and add the other package of onion soup mix. Cover with lid and cook until the vegetables are tender.

Goat Marinade (for whole goat)– Nancy Marazzo

1 gal. Oil
8 lemons
4 bottles catsup
1 pt. Mustard
2 pts. Vinegar
6 tablespoons black pepper
2 small bottles Worcest shire Sauce
1 bottle of garlic sauce

Heat all ingredients to lukewarm until it mixes well. You may want to add a couple of onions to cut up to cook with it.