

## PREPERATION:

Wash and drain the meat, then season with everything listed above except the water, oil, onion, garlic, pepper and 1 1/2 tablespoons of curry powder. BTW if you're wondering what curry powder I use, it's the Raja Jahan Special Madras curry. Made by Turban Brand Products of Trinidad and Tobago, it's my absolute favourite. Mix well, cover and put in the fridge to marinate for at least 2 hrs. Try to seal tight as the smell can easily overwhelm the inside of your fridge. Remember to take it out of the fridge about 10 minutes before cooking so it gets back to room temperature. Lets get to cooking now. In a heavy pot put the oil to heat on medium/high, then add the onion and garlic and allow to cook for a few minutes (until they go soft and the garlic releases it's flavours). Now add the hot pepper and curry powder so it cooks with the onion and garlic. Give this a minute or 2, until it starts to stick or go really thick. Now add a 1/4 cup of water and allow this to cook on medium heat for about 5 minutes. Keep stirring.

As the water dries off, you'll notice that the curry will take on a sort of grainy texture and the oil will start being visible again at the bottom of the pot. The colour of the curry will also go darker.. this is an indication that it's time to add the seasoned meat to the pot. Turn up the heat and start adding the pieces of seasoned goat a few pieces at a time and stir between each batch you add. This will allow each piece to get coated with the curry sauce we just created. After you've added all the meat, there are 3 steps.

1. Cover the pot and bring to a gentle simmer (it will release it's own juices).
2. Add the 3 cups of water left from the ingredient list to the bowl that had the seasoned pieces of meat. This will allow the water to pick up any of the seasonings that may be left behind. Set that aside for later.
3. Stir every 5 minutes or so.

Allow this to cook for about 25 minutes on a gentle simmer, then remove the lid and turn up the heat. We now need to burn off all those natural juices that were released as it simmered. You'll know when it's all gone when you stir the pot and can see the bottom of it without any liquid. Now add the 3 cups of water we had transferred to the bowl we seasoned the meat in. Bring that to a boil, then turn down the heat to low and let it do it's thing. Remember to keep it covered and stir every 15 minutes or so. We're basically braising the meat so it's nice and tender with a rich thick gravy. This can take up to 1 1/2 – 2 hours depending on how soft you like your meat and how old the goat was before it was butchered. Older goats will take longer to cook.

**TIP:** Feel free to use a pressure cooker for the step (when we added the 3 cups of water) to cut back drastically on the cooking time. I've also seen my aunt do this step in the oven as well. She puts it in a baking dish covered with tin foil and set at about 375 and it cooks away slowly in there. Since I've never used a pressure cooker, I'm afraid I can't say how long it will take using that cooking option. After 1 1/2 hrs, it's time to test to see if it's as tender as you like. Simply take a piece out and allow to cool on a side plate, then press with a fork or bite off a piece to see how tender it is. If you're happy with it's texture, it's time to reduce the gravy to a thickness you like. Usually the gravy will be perfect, but if you find that it's a bit runny, simply raise the heat and burn off. Pay close attention so you don't burn it in the final stages of cooking.

# The Ultimate Curry Goat

<http://caribbeanpot.com/the-ultimate-curry-goat-recipe/>

## INGREDIENTS:

- 2 lbs goat cut into 1-2 inch pieces
- 3/4 teaspoon salt
- dash black pepper
- 1 medium onion sliced
- 3 cloves garlic crushed or sliced thin
- 3 sprigs thyme
- 1 tomato sliced
- 1/2 scotch bonnet pepper (any hot pepper you like)
- 2 scallions
- 1/2 teaspoon curry powder for seasoning the meat
- 1 1/2 tablespoon curry powder for cooking
- 1/4 teaspoon geera powder (cumin)
- 1/4 teaspoon amchar masala (optional but goes well with this dish)
- 1 leaf Spanish thyme crushed (optional)
- 4 leaves shado beni (bhandhanya)
- 1/2 teaspoon ketchup
- 3 tablespoon oil (something that can withstand high heat)
- 3 1/4 cups water

\* If you don't have access to the [shado beni](#) you can use 1 table spoon of [green seasoning](#) or 3 tablespoons chopped cilantro.

