Goat Cuisine: A Culinary Delight

Served Around the World

For centuries, people around the world have enjoyed the culinary delights of goat meat. Goats are a major source of protein in North Africa, the Middle East, Southeast Asia, the Caribbean, and in other tropical regions.

Preferences and consumption patterns of goat meat lovers depend on cultural, traditional, and religious backgrounds, as well as the socioeconomic status of a community. For example, Cabrito, a delicacy in Central and South America, is meat from young goats (kids) that are slaughtered at 1 to 3 months of age and weighing fewer than 50 pounds. Chevon is meat from older goat kids that are slaughtered at 6 to 9 months of age and weighing between 50 and 75 pounds. Cabrito and Chevon are usually cut in bite-size or larger pieces to be eaten stewed, baked, or grilled. Meat from mature goats is usually ground up in processed foods such as sausage or chili.

Although the United States continues to have an increasingly diverse population, the long-term success of the goat meat industry in the United States will be determined by its nutritional value.

Goat Meat Does a Body Good

Goat meat has been established as a lean meat with favorable nutritional qualities. It's an ideal meat choice for health-conscious consumers. As shown in Table 1, goat meat is lower in calories, total fat, saturated fat, and cholesterol than traditional meats.

According to the Harvard School of Public Health, saturated fats (bad fats) increase the risk for cardiovascular disease and other chronic conditions, while unsaturated fats (good fats) improve blood cholesterol levels, ease inflammation, stabilize heart rhythms, and play a number of other beneficial roles. Based on these findings, a health claim can be made that goat meat helps to lower blood cholesterol and reduces the risk for atherosclerosis and coronary heart disease. Therefore, goat meat can be included in a heart-healthy diet.

Additionally, goat meat has higher levels of iron (3.2 mg) compared to a similar serving size of beef (2.9 mg), pork (2.7 mg), lamb (1.4 mg), and chicken (1.5 mg). Comparatively, goat meat also contains higher potassium content with lower sodium levels. Regarding essential amino acid composition, goat meat closely resembles that of beef and lamb. Because goat meat offers great nutritional value, it is an ideal candidate for "the other red meat." Be sure to consult with your physician or a certified dietitian about eating healthy foods.
Goat meat is a dietary staple and a delicacy served in many specialty dishes prepared around the world, particularly at special gatherings. Each population has different preferences for the type and weight of goat they purchase. For example, some people in Latin American countries prefer meat from younger high-quality goat kids, while people of Caribbean heritage and the Muslim faith prefer meat from older goats of lesser quality, and frequently intact males.

If goat meat is to make its transition into mainstream America, consumers need to learn a few basic rules regarding cookery. First, it’s important to cook goat meat at low temperatures. Goat meat gets tough and loses moisture quickly because of its low-fat content and lack of marbling. Marbling is the small streaks of fat found within the muscle. Second, cook goat meat with moisture. To enhance flavor and to increase tenderness, use a marinade on the meat before cooking and cook with moist heat, such as stewing.

Here are a few goat recipes to get you started.

<table>
<thead>
<tr>
<th>Table 1. Nutrient Composition of Goat and Other Types of Meat¹, ²</th>
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<tbody>
<tr>
<td><strong>Nutrient</strong></td>
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<tr>
<td>---------------</td>
</tr>
<tr>
<td>Calories</td>
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<tr>
<td>Fat (g)</td>
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<tr>
<td>Saturated Fat (g)</td>
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<td>Protein (g)</td>
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<td>Cholesterol (mg)</td>
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</table>

[1] Per 3 oz. of cooked meat  

**A Culinary Delight**

Goat Recipes

**Creole Cabrit**

**Ingredients**
- 6 goat chops or 1 roast
- 1 can chicken or beef broth (may need extra broth for roast)
- 1 can tomato sauce or paste (may need an extra can for roast)
- 1 medium onion
- 1 tsp minced garlic
- Pepper sauce or other spicy peppers
- 1 tsp salt
- 1 tsp pepper

**Preparation**
Mix meat and seasonings in stew pot or roasting pan. Slow cook or bake at 350 degrees F until done.

**Servings:** 8

![Nutrition Facts](https://www.NutritionData.com)
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Mixed Vegetable Goat Soup

**Ingredients**
- 1/2 lb ground goat meat
- 2 medium potatoes, peeled and cubed
- 1 whole lemon
- 10 oz frozen mixed vegetables
- 2 tsp soy sauce
- 1 small onion, chopped
- 1/2 tsp red pepper
- 6 oz can tomato paste
- 1/2 tsp black pepper
- 1 cup tomato ketchup
- 1 tsp salt
- 1 tsp sugar
- 6 cups of water

**Preparation**
Squeeze the juice of one lemon over ground goat and sprinkle with soy sauce. Refrigerate and let marinate overnight in a covered container. Brown the ground goat meat in a small frying pan. Drain and sprinkle with black pepper, red pepper, and salt, and set aside. Add water, potatoes, onions, and mixed vegetables in a large saucepan. Bring to a boil and cook for about 15 minutes or until desired tenderness is reached. Add paste, ketchup, sugar, and ground goat. Reduce heat to medium and cook for about 30 minutes.

**Servings:** 4–6

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Goat Burgers

**Ingredients**
- 2 lb ground goat meat
- 1/2 package dried onion soup mix (packet weighs about 1 oz)
- 1 tsp minced garlic
- 1 tsp salt
- 1 tsp pepper

**Condiments:** Buns, cheese, pickles, onion, mustard, mayonnaise, ketchup, relish, etc.

**Preparation**
Mix ingredients to taste thoroughly. Then cook in skillet or grill.

**Servings:** 4–6
Grilled Goat Chops With Salad and Couscous

*Mediterranean dish*

**Ingredients**
- 6 goat chops
- 1/2 oz goat cheese
- 1 small red or green bell pepper
- 1 small red onion
- 1 cup couscous w/ parmesan seasoning
- 1 can low-sodium chicken broth (optional liquid for couscous)
- 1/2 head lettuce
- 1/2 head of red cabbage
- 1 large carrot
- 1 tsp minced garlic
- 1 tsp rosemary
- 2 tbsp salad dressing
- Cooking spray

**Preparation**

_**Goat Meat**_

Preheat a large electric grill to medium-heat, and coat pan with cooking spray. Rub both sides of chops with salt, pepper, rosemary, and garlic, then season meat to taste. Place chops on grill, cook 3 minutes or until lightly browned. Avoid overcooking. Remove from pan and set aside.

_**Couscous**_

If using an instant mix, follow directions on box. Or pour 1 cup of couscous in hot boiling water or low-sodium chicken broth, cover with a lid, and let stand for 5 minutes. Remove cover and fluff with fork.

_**Salad**_

Cut up lettuce, carrots, and red cabbage, and mix together in bowl. Add goat cheese and salad dressing of choice.

Serve meat and couscous on large platter garnished with slices of bell peppers and red onion.

**Servings:** 6
Slow Goat in a Curry

**Ingredients**
3–4 lb goat roast
1 can chicken broth
1 lb carrots, sliced
1 cup rice, cooked per directions
1 cup green pepper, cubed
1 tsp salt
1 tsp pepper
1 tsp garlic powder
1 onion, cubed
15 oz can light yellow cling peaches
1 package curry sauce mix (3 1/2 oz)

**Preparation**
Put roast, chicken broth, carrots, half the green pepper, and half the onion in a crock pot along with a can of water and adequate salt, pepper, and garlic powder for the vegetables. Cook in crock pot on low for 10 to 12 hours. Remove meat from bone and cut into cubes.

Sauté other half of onion and green pepper in 2 tablespoons olive oil for 3 to 5 minutes until onion is clear. Add meat and crumbled curry sauce mix. Stirring constantly, begin adding contents of crock pot by the ladle full. Bring to a simmer and, stirring constantly, simmer 5 minutes. Finish by stirring in juices from can of peaches. Then cut each peach slice into three pieces and add to mixture. Warm and serve over rice.

**Servings:** 8

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**Nutrition Facts**
Serving Size 1/8 of recipe 161g (160 g)
Amount Per Serving
Calories 90  Calories from Fat 7
Total Fat 1g  1%
  Saturated Fat 0g  1%
  Trans Fat 0g
Cholesterol 0mg  0%
Sodium 26mg  1%
Total Carbohydrate 19g  6%
  Dietary Fiber 2g  10%
  Sugars 2g
Protein 3g

Vitamin A 57%  Vitamin C 30%
Calcium 2%  Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.
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Estofado de Cabrito
*Goat Meat Stew*

**Ingredients**
- 4 lb young goat (kid) meat
- 1 Seville or sour orange
- 1 tsp salt
- 2 tsp crushed garlic
- 1 teaspoon ground black pepper
- 1 teaspoon ground or leaf oregano
- 2 tbsp cooking vinegar
- 8-10 small, peeled cooking onions
- 1/4 lb cooking bacon
- 1/4 lb cooking ham
- 1/2 cup olives
- 1/3 cup raisins
- 1/4 cup capers
- 1 cup olive oil
- 1 cup diced tomatoes
- 1 bay leaf
- 1/4 cup Spanish red peppers
- 3 cups chicken broth
- 1/2 cup white rum
- 1 cup red wine

**Preparation**
Cut meat in small pieces, soak in sour orange juice, and let stand for 30 minutes. Drain sour orange juice and mix with the salt, crushed garlic, ground black pepper, ground or leaf oregano, and cooking vinegar. Baste the meat with the resulting paste. If possible, allow to stand in the refrigerator for several hours before cooking.

Heat 2 tablespoons olive oil in a deep pan. When hot, add the meat slowly and turn the pieces frequently to sear the entire meat surface. Add white rum and carefully apply a match to light the rum. It should extinguish itself after a few seconds. Add cooking bacon, turning frequently. After 1 or 2 minutes, add cooking ham. Add peeled cooking onions, olives, raisins, capers, olive oil, diced tomatoes, bay leaf, Spanish red peppers, and chicken broth. Then bring to a boil. Reduce heat to medium-low, cover, and cook until the meat is tender. If necessary, add water to create thick gravy. Add red wine shortly before serving.

**Servings:** 8-10

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*Photo courtesy of Five Rings, Wikipedia*

![Nutrition Facts]

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

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Cabrito en Fricasé  
_Goat Meat Fricassee_

**Ingredients**
- 3 lb tender young goat (kid) meat
- 1/2 cup lemon juice
- 2 chopped cloves of garlic
- 1 tsp ground marjoram
- 1/4 tsp black pepper
- 4 tsp salt
- 12 stuffed olives
- 1 lb potatoes
- 2 oz bacon
- 2 oz ham
- 1 lb onions
- 1 bay leaf
- 1/2 cup tomato sauce
- 1 can tomatoes
- 1 tbsp vinegar

**Preparation**
Wash meat and cut into pieces. Soak in lemon juice and set in the refrigerator for several hours. Drain and rinse meat in cold water. Season the meat with chopped garlic, ground marjoram, black pepper, salt, and vinegar.

Put chopped bacon and ham in a kettle and sauté lightly. Add chopped onions, bay leaf, tomato sauce, tomatoes, and stuffed olives. Add tomatoes, liquids, and boil. Add kid meat, mix, and let boil. Cover kettle and boil over medium heat for 2 hours. Add sliced potatoes. Season to taste and let the mixture boil for 30 minutes or until potatoes are tender and the sauce thickens. Serve hot.

**Servings:** 6-8

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http://www.flickr.com/photos/misswired/

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For more information, call your county Extension office. Look in your telephone directory under your county’s name to find the number.

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