Introduction

Often, we receive calls about goat cookery and the best way to prepare goat meat. Many of the recipes that one can find, either in print publications or on the Internet, has been about barbecued goat. Indeed, our barbecued chopped goat is always a popular lunch item for our annual Goat Field Days. Recently, I came across a new goat cookbook, *Getting Your Goat: The Gourmet Guide* (Evertype 2009) by Patricia A. Moore and Jill Charlotte Stanford. This cookbook covers a wide array of dishes and I think that the section headers reveals the breadth of the cookbook. They include 1) appetizers, 2) roasts, 3) shanks and chops, 4) soups, stews, and casseroles, 4) ground goat, 5) on the side, 6) desserts, and 7) miscellaneous. I recently contacted Patricia Moore and asked her if she would please share her favorite recipes from the cookbook with our Goat Field Day participants. She recommended Chevon Osso Buco (page 34 of the cookbook), Chevon Moroccan (page 51 of the cookbook), African Goat Soup (page 52 of the cookbook), and Pat’s Goat-Loaf Muffins (page 85 of the cookbook) and those four recipes have been included in the proceedings. For those of you seeking new ways to prepare goat, I highly recommend this cookbook. I don’t think that you will be disappointed.

About the authors:

Patricia A. Moore spent 25 years in horticulture, running a landscape maintenance business in the San Francisco Bay area before moving to Central Oregon in 1988. She raises Boer goats, serves on the State Board of the Oregon Meat Goat Producers and is involved with her local chapter of the OMGP. Cooking is Patricia’s passion. This book contains many wonderful recipes from her own kitchen, as well as recipes from other goat gourmets.

Jill Charlotte Stanford has been a writer, editor, and author since 1978. She is the author of Lamb Country Cooking (Culinary Arts 1994), The Cowgirl’s Cookbook (Globe Pequot 2008), and Going It Alone (Evertype 2008). As a Restaurant Reviewer as well as a Lamb Cook-Off Judge, she has a highly developed sense of good food. Jill lives and writes in Sisters, Oregon, with her faithful Australian Shepherd Elsa.

Susan Koch (illustrator) studied life drawing and watercolor at the American Academy of Art in Chicago, Illinois. Over the past thirty-five years her paintings have won many awards, including “Best of Show” and “People’s Choice” several years running in the Watercolor Society of Oregon annual shows.
**Chevon Osso Buco**

4 servings

Osso Buco is a northern Italian tradition. The slow cooker is the ideal way to cook this dish flavored with rosemary. Try spooning the sauce over mashed potatoes or polenta.

- 4 goat shanks
- 2 tablespoons (30 ml) flour
- ¾ teaspoon (3.75 ml) black pepper
- 1 tablespoon (15 ml) olive oil
- 1 cup (240 ml) chopped carrot
- 1 cup (240 ml) chopped celery
- 1 cup (240 ml) chopped white onion
- 1 large garlic clove, minced
- ½ cup (120 ml) red wine
- 1 14.5 oz (430 ml) can diced tomatoes, drained
- 1 tablespoon (15 ml) chopped rosemary
- ½ teaspoon (2.5 ml) salt
- 1 bay leaf

Combine the flour and pepper in a shallow pan. Wash and dredge the shanks in the flour, coating them evenly.

Heat the oil in a large skillet. Add the goat shanks and braise for 2 minutes each side or until evenly browned. Place the shanks in a slow cooker.

Put all the vegetables in the pan and sauté for 5 minutes. Add the wine. Scrape the pan to loosen any browned bits. Cook over medium low heat for 1 minute.

Pour the vegetable mix over the shanks in the cooker. Add the tomatoes, rosemary, salt and bay leaf. Stir well.

Cover and cook on Low 8-9 hours.

Discard the bay leaf before serving.

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**African Goat Soup**

6 servings

Goats are a symbol of a family’s wealth in Africa. The more goats they have, the wealthier they are. Too many goats? They serve them up in this tasty soup which is more like a stew. Serve it with a good loaf of crusty bread and a bottle of hearty red wine.

- 2 lbs (900 g) lean goat meat, cut into 1” (2.5 cm) cubes
- ¼ cup (60 ml) of flour
- 3 tablespoons (45 ml) olive oil
- 1 large yellow onion, sliced
- 1 cup (240 ml) celery/ cut into pieces
- 1½ cups (360 ml) carrots, cut into pieces
- 2 cups (480 ml) sweet potatoes (or yams) washed, skinned, and cubed
- 3 cups (710 ml) vegetable broth
- 1 cup (240 ml) water
- ¼ cup (60 ml) white wine (optional) salt and pepper to taste
- 1 clove garlic, mashed
- 1 teaspoon (5 ml) cinnamon
- 1 tablespoon (15 ml) cumin

Trim any excess fat from the meat. Dredge the meat in the flour that has the salt and pepper added to it. Coat it well.

In a heavy skillet, put 1 tablespoon of the olive oil and sauté the meat until browned on all sides. Remove from the pan.

Add the remaining olive oil and sauté the vegetables until the onions are clear.

Put the meat back into the pan and add the vegetable broth, white wine, water and spices.

You may also put everything into a Slow Cooker. Simmer, covered, for 5 or 6 hours on Low, stirring occasionally.
Chevon Moroccan
6 servings

Cat Addison is a go-get ‘em kind of gal. She loves new adventures and especially new recipes. She says, “Chevon Moroccan was my first taste of goat meat. It is now one of my favorite dishes and I have prepared it for others to get them to see how wonderful goat meat is too.”

3 tablespoons (45 ml) olive oil
2 lb (900 g) goat meat, cubed in 1” (2.5 cm) pieces
½ lb (225 kg) fresh, cubed mushrooms
½ onions/ chopped
1 garlic clove, minced
1 lb (450 g) fresh tomatoes, peeled and quartered
½ cup (120 ml) raisins
½ cup (120 ml) toasted almond slices
2 tablespoons (30 ml) sugar
1 teaspoon (5 ml) cinnamon
1 teaspoon (5 ml) salt
¼ teaspoon (1.25 ml) allspice
¼ cup (60 ml) chicken broth

Heat the oil in a large skillet. Add the goat meat and sauté until browned. Add the mushrooms, onions and garlic. Sauté for 2 more minutes.

Add the tomatoes, raisins, almonds, sugar, cinnamon, salt and allspice.

Add the broth and simmer for one hour, stirring occasionally, until the meat is tender. Add more broth if needed as it simmers.

Serve the stew over couscous for a truly authentic dish.

Pat’s Goat-Loaf Muffins
6 servings

A simple and fast way to cook and serve “diner-style” meat loaf.

1 teaspoon (5 ml) olive oil
1 cup (240 ml) sweet onion, chopped very fine
½ cup (120 ml) carrot, chopped fine
1 teaspoon (5 ml) oregano
2 cloves of garlic, minced
1 cup (240 ml) tomato ketchup, divided
1½ lb (680 g) ground goat
1 cup (240 ml) (about 20) saltine crackers, crushed very fine
2 tablespoons (30 ml) prepared yellow mustard
1 teaspoon (5 ml) Worcestershire sauce
¼ teaspoon (1.25 ml) black pepper
2 large eggs

Preheat the oven to 350°F/180°C/Gas 4

Grease 12 muffin cups (you can use cooking spray).

Heat the olive oil in a large skillet. Add the vegetables and herbs and spices. Sauté for about 2 minutes and then allow to cool.

In a large bowl, combine the vegetable mixture with half the ketchup and the remaining ingredients. Mix well.

Spoon the mixture into the muffin cups and top each with 2 teaspoons of the remaining ketchup.

Bake at 350°F/180°C/Gas 4 for 25 minutes, or until the tops are browned.

Let them stand for 5 minutes before removing.