

MBGA Boer Goat Recipes

Submitted by our members

Members are encouraged to show the true value of the Boer Breed, by sharing their favorite goat meat recipe with the visitors to the club website. Send entries to the "reply@" email address for this site; or to a current board member for forwarding to the MBGA Webnanny.

Heather's Hearty Goat for Any Occasion

Submitted by: Heather Schroeder
(Hezzylou@cablespeed.com)

Guinness stout gives richness and depth to this goat stew without any hint of beer flavor. Irish stew is traditionally made with lamb, but you may substitute goat. The onions, peas, and mushrooms add flavor, but you might wish to add some garlic for extra punch. Serve with Irish mashed potatoes called champ or poundies.

3 lb	boneless leg of goat -trimmed of fat and cubed		
2-tsp	butter	1/2 lb	white pearl onions (blanched &peeled)
12-ounce	Guinness stout (bottle or can)	1-1/2 cups	frozen baby peas
1-3/4 cups	beef broth (14-oz can)	1 lb	white mushrooms (large & halved)
8-ounce	tomato sauce	1 cup	light cream (or Half & Half)
1-1/2 tsp	salt	1/4 cup	flour
1/2 tsp	black pepper (fresh ground)		
1/4 tsp	dried thyme		prepared mashed potatoes (champ or poundies)

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- Brown goat in butter, in large Dutch oven or heavy saucepan (with tight fitting cover). Add stout beer, beef broth, tomato sauce, salt, pepper, thyme, and onions.
 - Cover and simmer 45 minutes. Skim off any excess fat.
 - Add peas and mushrooms. Cover and simmer an additional 15 minutes, or until goat and vegetables are tender.
 - Whisk flour into cream. Blend into simmering stew and bring back to a low boil. Cook 2 minutes, stirring until thickened. Taste and add additional salt and pepper if necessary.
 - Serve over or with Irish mashed potatoes (known as champ or poundies).
Yield: 6 servings

Hawaiian Boer Kabobs

Submitted by: Terri Fryman
(fryroof@locallink.net)

2	pound	boneless leg of goat, cubed	2	cans	chunked pineapple
1-1/2	cup	italian dressing	10	strips	uncooked bacon
1	clove	minced garlic	1/2	cup	real butter

- Combine meat, dressing and garlic in a glass dish and let marinate for 1-24 hours. The longer the meat is marinated the better!
- Assemble the skewers by adding cubes of meat, bacon and pineapple, placed alternately.
- Brush with melted butter. Broil about 8 inches from heat for 5

minutes. Serve hot.

- This recipe yields about 20 skewers, depending on skewer size.
- I also add 1 huge onion and cube it and rotate it on my skewers with everything else.

Terri's Favorite Cooked Boer Goat Meat

Created by: Terri Fryman

(fryroof@locallink.net)

SERVINGS: 8-10

PREP TIME: 20-30 minutes

COOK TIME: 6 hours

1 Shoulder & 1 Hind Half	Boer Goat Meat	1 Pound	Bacon -broken up
1 large	Onion - diced in large chunks	2 Quart	Water
2 Tbsp	Cooking Oil -low fat		
1 clove	Garlic - crushto release flavor, or add Garlic Salt to taste		
2 Tbsp	Bacon Seasoning -we recommend "Simply Tasting" Brand		
1 Tbsp	Pepper		
1/2 Tbsp	Salt		

- Prepare in a large Slow Cooker
- Add all Ingredients
- Cook at 250-Degrees (Slow) for 6-8 Hours
- Remove meat and de-bone.
- Put de-boned meat back into pot and cook additional 15 minutes to reheat meat.
- Serve with your choice of mashed potatoes or over home made noodles.
- Have too much? Freeze it for another day, then just reheat. Enjoy!

