

Stewed Goat

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Serves: 4-6 people

Yield: 7 cups

Time: 2:40 hours

Ingredients

1 pound of goat meat, cut into bite size pieces
1 cup of cold coffee
Juice from 2 lemons
1 bulb of garlic, peeled
1 large yellow onion, roughly chopped
1 green bell pepper, seeded and chopped
1 red bell pepper, seeded and chopped
2 teaspoons of olive oil
1 teaspoon of salt
1/2 teaspoon of black pepper
4 cups of vegetable stock (see page 64)
1 tablespoon of sazón (see page 58)
3 bay leaves
4 red potatoes, scrubbed and halved or quartered if large (do not remove skin)
3 ounces of smoked ham (optional), small dice

Directions

- ✦ Soak goat with cold bitter coffee and lemons to eliminate the odor of goat for 15 minutes. Drain and rinse with water.
- ✦ In a food processor grind the garlic, onion, red and green peppers and sazón with 1 teaspoon of olive oil.
- ✦ Sauté onion and pepper mixture with salt and black pepper in a small pan for a couple of minutes over medium high heat.
- ✦ Coat the goat meat with onion and pepper mixture. Heat a large skillet over medium high heat. Sear goat meat on both sides for about 5 minutes each.
- ✦ Add vegetable stock to goat until meat is just covered. You may not need all the stock depending on how big your pot is. Add bay leaves. Bring to a boil and reduce to a simmer. Cook for about one hour, stirring occasionally.
- ✦ Add potatoes and ham and cook for about another hour, stirring occasionally, until meat is falling off the bone.
- ✦ Adjust seasoning to taste.

Did You Know?

Both tastier and more nutritious, meat on the bone is also more affordable. Bones are made up of minerals like calcium, phosphorus and magnesium and contain marrow. When simmered, the nutrients and flavors of the bones are released into the dish.

