

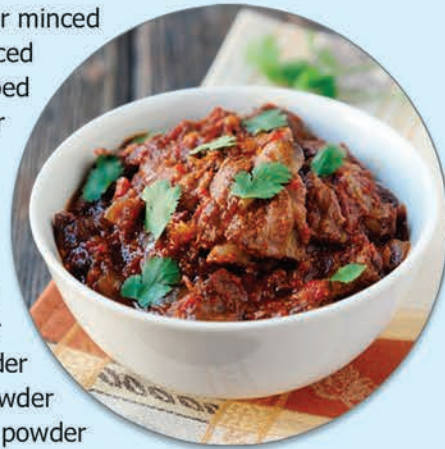
Best Curry Goat

(Slow cooker recipe)
(serves 4-6)

- 1 kg Goat Diced OFF the bone
- 1.5 inch knob ginger minced
- 3 cloves garlic, minced
- 2 red onions, chopped
- 1 tbsp ghee / butter
- 1 bay leaf
- 1 tsp paprika
- 4 cloves (whole)
- 2 cardamom pods
- 2 tsp salt (to taste)
- 1 tsp cumin powder
- 1 tsp turmeric powder
- 1 tbsp coriander powder
- 1 tsp kashmiri chilli powder
- 2x 400g tins chopped tomatoes
- 1-2 Serrano peppers (or other chillies), minced
- 1 tsp garam masala (to taste)
- 200-300ml water

- Finely grind the cloves and cardamom
- Add all of the ingredients apart from the tomatoes, water and garam masala
- Set to high in your slow cooker for 4 hours to 8 hours. Stir occasionally
- After four hours, add tomatoes, garam masala and water. Adjust water to your preferred consistency.
- Cook on high for another hour or until the meat is tender.

Serve with naan and/or with rice and peas.



*Healthy, Nutritious and Versatile –
Goat Meat is the fastest growing
food trend over the past few years.*

Pulled Kid Goat Joint with Sticky Pomegranate Glaze

(serves 4-6)

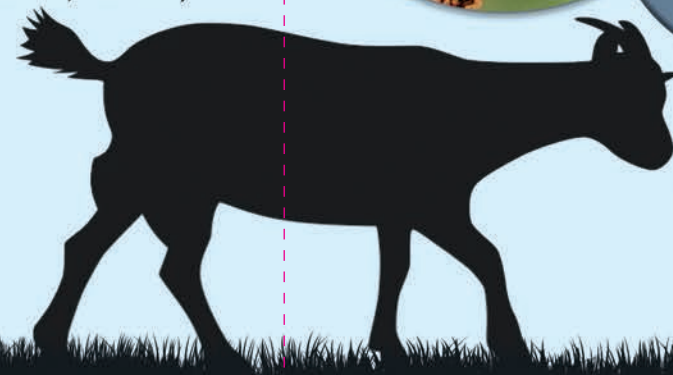
- 2 kg Kid Goat Shoulder / Leg Joint
- 2 red onions, cut into wedges
- 100g tub pomegranate seeds
- 1L carton pomegranate juice
- 4 garlic cloves, chopped
- 2 tsp ground cinnamon
- 1 tsp dried oregano
- 250g natural yoghurt
- 2 tsp ground cumin
- 2 tbsp clear honey
- 1 lemon, quartered, pips removed
- small handful mint leaves, chopped



- Blend the garlic, cinnamon, cumin, oregano, 1 tsp salt, 2 tsp black pepper and lemon together until smooth
- Pour marinade over joint and leave in fridge overnight
- In a large roasting tin, scatter the onions underneath and around the joint, pour over the pomegranate juice and cover with foil. Cook for 4-5 hrs, 160C/140C fan/gas 3
- Pour the meaty pomegranate juices from the tin into a large saucepan and add the honey. Bubble these cooking liquids over a high heat until reduced, thick and syrupy.
- While thickening cooking juices for 30 mins, re-cover joint, increase oven to 220C/200C fan/gas 7
- Pour the sticky pomegranate glaze over the joint and onions. return to the oven for 30 mins, uncovered, until the glaze is bubbling and just starting to char.
- Mix the yogurt, most of the pomegranate seeds and mint leaves in a small bowl.

Shred at the table and serve with couscous, the sticky onions and the minty pomegranate yoghurt.

**Longfields Farm
Long Lane, Brindley
Nantwich, Cheshire
CW5 8NF**



CHESTNUT MEATS

HOW TO COOK GOAT

plus our favourite recipes



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Why choose our goat meat?

- All of our fresh Goat meat is British reared
- We take great pride in supporting British farming, promoting the sustainable nature of the Goat meat industry
- Prevalent in many cuisines, goat is the world's most widely eaten red meat meaning there is a huge range of recipes to choose from. Goat meat also particularly suits the modern convenience of slow cooking
- Lower in calories, total fat, saturated fat and cholesterol than most other meats. Offering high iron and protein content, goat meat is excellent as a healthier red meat
- Goat meat is packed with B Vitamins, which are known to help with healthier skin and effectively burning fat



<https://www.chestnutmeats.co.uk>

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Flavourful Curries, Casseroles & Family Meals

Goat Diced ON the bone is best for traditional curries and tagines. Tasty and low in fat content. Marinade in advance and allow at least 4-5 hours for cooking - "Low and Slow" is the key (180°C/160°C Fan/Gas 4).

Choice Recipe: Best Goat Curry (see reverse)

Goat Diced OFF the bone is more versatile, ideal for casseroles as well as curries. Due to low fat content the meat can lose moisture and toughen quickly. For best results cook Goat Diced OFF the bone in stock for at least 4 to 5 hours at 180°C/160°C Fan/Gas 4.

Choice Recipe: Goat Ragù (see website)

Kid Goat Diced ON the bone is an incredible product, lean tender, subtle in flavour and more appetising than Lamb. Cook in curries and tagines just as you would for Goat Diced ON the bone, allow 3-4 hours. Season with traditional spices and wait for the aroma to overwhelm you.

Choice Recipe: Moroccan Goat Tagine (see website)

Goat Neck & Shanks are excellent alternatives to Lamb equivalents. These cheaper cuts, require slower cooking, delectable when braised in wine or even beer.

Choice Recipe: Braised Goat Shanks (see website)

Goat Mince, endlessly versatile - choose your favourite family mince dishes, goat mince will add a tasty new dynamic to all of them.

Choice Recipe: Chocolate Goat Chilli Con Carne (see website)

Quick & Exciting Dishes

Goat Steaks are leaner and more flavourful than Lamb steaks, more delicate than Beef. They are best braised, though BBQ'ing if marinated for 1-2 days is also possible.
Choice Recipe: Italian-style Braised Steaks (see website)

Goat Fillets are the leanest and highest quality cut on a goat carcass, although not as tender as Lamb, we go the extra mile and tenderise every fillet for you.
Choice Recipe: Suya Goat Kebabs (see website)

Exotic BBQ / Grill Options

Goat Chops and Lollipop Chops are delightful when marinated and served with a dip selection. Always oven cook or BBQ the chops, ensuring they are well coated in marinade to retain tenderness and moisture.
Choice Recipe: Marinade and Dip selection (see website)

Our **Luxury Goat Burgers** are exceptionally popular - with less than 2% fat, they are a healthy choice with fantastic flavour. Similarly our **Goat Sausages** bring a unique taste to restaurants across the UK, including one Michelin star establishment in London. **Toulouse Goat Sausages** are their favourite variety. For best results, both Sausages and Burgers should be grilled or BBQ'd.
Choice Recipe: BBQ Bonanza (see website)

Impressive Roasts for exceptional hosts

Kid Goat Leg Joint, the premium cut from the best carcasses. Cook a Kid Goat Leg just as you would a Lamb Leg for a Sunday roast, with rosemary, thyme, and your choice of roast vegetables and gravy. Easy and Delicious!
Choice Recipe: Sunday Roast Kid Goat Leg (see website)

Kid Goat Shoulders require slower cooking than Leg and often produce best results when braised in wine or stock.
Choice Recipe: Sticky Glazed Shoulder (see reverse)

Check out our extensive recipe section online:

www.chestnutmeats.co.uk/goat-recipes

Chestnut Meats, Longfields Farm, Long Lane, Brindley, Nantwich CW5 8NF