

## GOAT MEAT RECIPES

The following goat meat recipes are compiled from numerous listings on the Internet. You will find many more by taking the time to look up "goat meat recipes" online.

### CHEESE BURGER BAKE

(Krista Darnell)

1 lb ground goat                      2 cups Bisquick or substitute  
1/3 cup chopped onion              ¼ cup Milk  
1 can (11oz) condensed              ¾ cup water  
Cheddar Cheese Soup              1 cup shredded Cheddar Cheese  
1 cup frozen mixed veggies, salt, pepper to taste

Preheat oven to 400°. Generously grease rectangular baking dish (13x9x2). Cook ground goat and onions with salt & pepper to taste in 10" skillet over medium heat stirring occ. Until meat is brown, drain. Stir in soup, vegetables and milk.

Stir Bisquick powder and water in baking dish until moistened. Spread evenly. Spread meat mixture over batter. Sprinkle with shredded cheese.

(Optional additions: Mushrooms)

### APRICOT MUSTARD GLAZED

LEG OF GOAT

(Krista Darnell)

¼ cup Apricot jam              1 tsp dried Rosemary  
2 tbs Honey Mustard              3 lb goat leg, butterflied  
2 Garlic Cloves, chopped              ½ cup Red Wine  
2 tbs Soy sauce                      1 cup Beef stock  
2 tbs Olive oil                      Salt & Pepper to taste

Combine jam, mustard, garlic, soy sauce, olive oil and rosemary reserving 2 tbs of marinade for sauce. Brush remainder all over goat. Season with salt & pepper.

Marinate for 30 minutes.

Broil goat for 3 minutes per side. Bake goat at 425° fat side up for 20 minutes or until just pink. Remove from oven and let rest on serving dish for 10 minutes. Pour off any fat in pan.

Add Red wine to pan and reduce to 1tbs. Add beef broth, reserved marinade and any extra goat juices from serving dish. Bring to boil and boil 2 minutes.

Slice goat in thin slices against the grain. Serve with sauce.

### HAWAIIAN GOAT MINI KABOBS

(as appears on Laffin K Goats website)

1 lb boneless leg of goat (3/4" cubes)

1 14 oz can pineapple chunks, each cut in half  
1 cup Italian dressing    Optional additions: chunks onions  
¼ cup melted butter    bell-peppers, jalapenos, mushrooms  
1 clove garlic, minced  
3 slices bacon cut in half

Combine cubed goat, dressing and garlic in a shallow glass dish and marinate for 1 hour or overnight in refrigerator. Alternate cubes of goat meat, bacon and pineapple on mini-skewers or round toothpicks. Brush with melted butter. Broil 5 to 8 inches from heat source for 5 minutes. Serve hot.

### **GOAT MEAT TACO SALAD**

**(as appears on Laffin K Goats web site)**

1 head lettuce                    15 oz package Corn Chips  
2 tomatoes, chopped    1 lb ground goat meat  
1 onion, chopped                    1 2.5 oz pkg Taco Seasoning  
10 oz can pinto beans    1 8 oz can tomato Sauce  
12 oz bottle Catalina  
    French Dressing

Prepare lettuce, tomatoes, onion and grated cheese  
Brown the goat meat and stir in taco seasoning package and tomato sauce. Cool the meat and combine with all the other salad ingredients together in a large bowl and serve immediately.

### **GOATBURGER ROLLS**

**(Krista Darnell)**

**(as appears on BoerGoats Website)**

1 lb ground goat  
1 ½ cup shredded cheddar cheese  
1 med. Onion, chopped  
2 cans instant crescent rolls

Brown ground goat and drain. Mix cheese and onion, then crumble into meat. Put 1 spoonful of the mixture onto each crescent roll, then fold up roll over mixture. Place on ungreased cookie sheet. Bake at 350° for 8 minutes or until light brown.

### **TIPS FOR COOKING:**

“Two basic rules are:  
cook it slowly (low temperature)  
cook it with moisture.

Tender cuts of meat are usually best when cooked by a dry heat method such as roasting, broiling or frying. Less tender cuts are tenderized by cooking with moist heat such as braising and stewing.

Tender cuts of goat meat are the legs, ribs, portions of the shoulder cut, the loin roast and the breast. Less tender cuts of meat are stew meat, riblets and shanks. Cooking any meat at low temperatures results in a more tender and flavorful product with more juice.

Recipes for cooking goat meat are varied. Goat meat does have it's own distinct flavor and aroma. If prepared with patience and adequate moisture, you and your family will enjoy a fine feast.”

**Excerpt taken from: American Meat Goat Assoc. Recipe book available for viewing:**  
HYPERLINK <http://www.meatgoats.com/cookbooks.pdf> [www.meatgoats.com/cookbooks.pdf](http://www.meatgoats.com/cookbooks.pdf)

You may also want to visit the following web sites for more goat meat recipes:

HYPERLINK <http://www.laffin-k.com> [www.laffin-k.com](http://www.laffin-k.com)

HYPERLINK <http://www.boergoats.com> [www.boergoats.com](http://www.boergoats.com)

HYPERLINK <http://www.jackmauldin.com> [www.jackmauldin.com](http://www.jackmauldin.com)

HYPERLINK <http://www.naturalark.com> [www.naturalark.com](http://www.naturalark.com)