



Goat Roast Brine and Cooking Instructions

(enough for 2 shoulder roasts and 2 leg roasts = 5-9 lbs. of meat)

1 gallon water

½ cup salt

½ cup brown sugar

1 tbsp. minced garlic

1 tbsp. rosemary

1 tbsp. thyme

1/3 cup fermented fish sauce (*Asian markets sell this. You can skip it or add a little balsamic vinegar in its place or a couple of tbsp. of A-1 can also be substituted. Fish sauce is great in small quantities in long-cooking meats, stews, & soups. This adds “umami”, a rich flavor that really improves the meatiness of the dish, as well as a little extra saltiness.*)

1 tbsp. beef base/bouillon

1 tbsp. chicken base/bouillon

1 tbsp. black pepper corns

Blend all of the above in a blender. Bring to boil in pot, strain, and chill in the fridge. After trimming away and disposing of all major fat, cut ¼” to ½” deep slits down the length of the roasts every inch or so apart. Submerge goat (or beef, venison, elk, or any other red meat) in the brine for a minimum of 2 hours and a maximum of 4 hours—in the fridge. Dispose of brine.

Remove the meat from the brine and pat it dry. Sear roasts on all sides at a high temperature in a dutch oven on the stovetop in 2-4 tbsps. olive oil (add another oil if using olive oil, since it has a low smoke point), vegetable oil, sesame oil, peanut oil, butter, or bacon grease (or a mix of several). Once well-browned, add in a half quart to a quart of water (depending on the size of the dutch oven and the amount of meat—the liquids should only come one-third up on the meat) and ½ to 1 cup of red or white wine (dry is better, but any will work).

Cover with dutch oven lid and cook in a preheated oven at 350 for one hour, then 300 for one hour more. Check to see if the bone pulls out cleanly and easily. When the bone pulls out cleanly, remove the dutch oven from the oven and let it rest covered for 30-60 minutes at room temperature.

If the bone doesn't pull out cleanly and easily, continue to cook, but drop the oven temperature by 50 degrees every hour and check every 30-45 minutes until the bone pulls out cleanly—hold at 200 degrees if bone will not remove cleanly and check every hour until the bone pulls cleanly. This gradually dropping temperature cooking method compensates for roasts of any size. Even a whole sirloin can be brined and cooked this way.

Dutch oven liquids can be strained, fat removed, and thickened with 1 tbsp. of cornstarch mixed well with 2 tbsp. cold water added over medium heat to make gravy (add more or less depending on the thickness you want). Add a little Worcestershire or hot sauce to the gravy for a little extra flavor and salt.