



Broiled Teriyaki Goat Chops

2 lbs. or so of goat chops

Marinade (enough for 2 lbs. of at least 1 inch thick bone-in goat chops):

¼ cup teriyaki sauce

2 tbsp. low-sodium soy sauce

2 tbsp. sesame oil

1 tbsp. olive oil

1 tbsp. granulated garlic

1 tbsp. hot sauce

1 tbsp. Dijon mustard

1 tbsp. honey

1 tsp. fermented fish sauce (*Asian markets sell this. You can skip it or add a little balsamic vinegar in its place. Fish sauce is great in small quantities in long-cooking or high-temp recipes. This adds “umami”, a rich flavor that really improves the meatiness of the dish, as well as a little extra saltiness.*)

1/2 tsp. of fresh ground black pepper

Blend all of the marinade ingredients together with a whisk or in a blender (so that the mustard emulsifies the oils). Place 2 lbs. of goat chops in the marinade for 1-2 hours, depending on how much teriyaki flavor and tenderness you prefer. The longer the chops are in the marinade, the more tender they will be and the more teriyaki flavor they will pick up, but do not allow the chops to marinate longer than 2 hours.

Remove the meat from the marinade. Shake off excess marinade, and allow the meat to come to room temperature on a baking pan lined with aluminum foil. Place the excess marinade in a sauce pot or microwave safe container and bring it to a quick, short boil while stirring constantly. Allow the marinade (now basting sauce) to cool.

Heat your oven by setting the temperature to a 500 degree broil for at least 10 minutes **before** adding the chops. Place the chops on the lined baking pan on an oven rack approximately five inches from the top burner in your oven. Broil the chops on one side for five minutes. Pull the chops out of the oven and brush the browned side with marinade. Turn the chops over, baste this side as well. Broil the chops for at least two minutes on this side or until an internal temperature of 145 degrees is reached. Remove the chops from the oven and immediately wrap them in aluminum foil and a towel to slowly cool for 5 minutes.