



Marsala Goat Ramen

(serves 4)

Three part simple meal. Meat and vegetables cook at the same time as the steamed cabbage. Ramen is cooked last.

Meat and vegetables:

- ◆ 2 lbs. Longlane Farms goat stew meat [<https://longlanefarmsllc.com/store/ols/categories/stew>]
- ◆ 1 bell pepper chunked
- ◆ 1 jalapeño chunked (adjust heat to taste by removing as much or as little seed and pith as desired)
- ◆ 4 small sweet pepper (red & yellow) chunked
- ◆ 1 yellow onion chunked
- ◆ 1 package of fresh button mushrooms quartered
- ◆ 2 tsp. all-purpose flour
- ◆ 1 tsp. chicken stock base
- ◆ 1 tsp. garlic powder
- ◆ 1 tsp. black pepper
- ◆ 1/2 tsp. salt
- ◆ 1/2 cup marsala wine (not cooking wine, this contains too much sodium)
- ◆ 1 tbsp. olive oil
- ◆ 1 tbsp. canola/vegetable oil
- ◆ 3 cups water

Preheat pressure cooker to medium high, add olive oil and canola oil, toss in stew meat. Brown meat thoroughly. Add 2 tsp. all-purpose flour and stir while browning. Add marsala cooking wine to deglaze pan, stir. Add chicken stock base, garlic powder, salt and pepper, 3 cups of water, peppers, mushrooms, and onions. Stir. Add pressure cooker lid, and bring to slow pressure cook. Keep at slow rock for 20 minutes. Let pressure off carefully away from hot stove burner.

Steamed/browned cabbage:

- ◆ 1 head of cabbage chunked
- ◆ 2 tbsp. soy sauce
- ◆ 1 tbsp. fish sauce or Maggi sauce
- ◆ 1 tbsp. brown sugar
- ◆ 1 tbsp. olive oil
- ◆ 1 tbsp. canola/vegetable oil

Preheat a regular large bottom (5 qt.) pot to medium high, add olive and canola oil. Toss in cabbage. Let cabbage brown and stir occasionally. When half of cabbage is browned, toss in sugar, soy sauce, and salt and pepper to taste. Cover with lid askew to allow for some steam to escape. Drop heat to medium low while pressure cooker finishes meat and vegetable mix above.

(continued)

Questions? Email Longlane Farms, LLC at achall77@gmail.com



Ramen:

- ◆ 3 ramen portions (each will be about the size of two decks of cards). We like millet & brown rice ramen that has not been fried.
- ◆ 4 cups of water

Cook ramen according to directions. Cover and set aside.

In individual bowls, add $\frac{1}{4}$ to $\frac{1}{2}$ cup of ramen. Then add $\frac{1}{4}$ to $\frac{1}{2}$ cup of cabbage. Top with meat and vegetable mixture ($\frac{1}{2}$ to $\frac{3}{4}$ cup with extra broth). Top with hot sauce of choice and enjoy.