

Jamaican Curry Goat :

This finger-licking dish is one of Jamaica's most popular cuisines.

*Course: Main Course * Cuisine: Jamaican * Prep Time: 20 minutes * Cook Time: 2hours hours * Servings: 4 servings * Calories: 20k cal*



INGREDIENTS

- 2½ lb goat meat
- 2½ tbsp curry powder
- 2 tbsp all-purpose season
- ½ tsp salt
- 1 scotch bonnet pepper *seeds remove and finely chopped
- 6 pimento berries (allspice) crushed
- 1 medium onion chopped
- 2 stalks scallion chopped
- 4 garlic cloves crushed
- 3 sprig thyme
- 1 tsp grated fresh ginger
- 1 large potato peeled and diced
- cooking oil
- water

Wash: 1 lime or lemon to wash the meat or 2 tbsp vinegar to wash the meat

DIRECTIONS

1. In a large enough bowl, season the meat with 1½ tablespoon of curry powder, salt, all-purpose seasoning, pimento, ginger, scotch bonnet pepper, scallion, onion, and garlic. Drizzle about 2-3 tablespoons of oil over the meat and rub the seasoning in and leave to marinate for a least 2 hours (overnight is best).
2. Place a pot on medium heat and add about 2 tablespoon of cooking oil and the remaining one tablespoon curry powder. Let the oil heat up (make sure not to burn the curry powder).
3. Add the goat meat and allow it to seared on all sides.
4. Add enough water to the pot to cover the meat. Cover and leave to cook for 1 hour and 30 minutes to 2 hours or until meat tender. Occasionally, check to make sure enough water is always in the pot.
5. Add the potato and fresh tyme and leave to simmer on low heat until the potato is cooked and sauce is thicken.
6. Notes: You can use one whole scotch bonnet pepper but you can adjust the amount to suit your taste.

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Nutrition: Calories: 20kcal | Carbohydrates: 4g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 294mg | Potassium: 83mg | Fiber: 1g | Sugar: 1g | Vitamin A: 97IU | Vitamin C: 6mg | Calcium: 27mg | Iron: 1mg