



THE
GOURMET
GOAT
FARMER

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Slow-Braised Goat, Fig and Walnut, with Orzo and Brown Rice

Ingredients

- 10 cardamom pods, seeds removed from husk
- 2 tsp cumin seeds
- 2 tsp coriander seeds
- 2 tsp paprika
- 1 tsp turmeric
- 1 tsp cinnamon
- 1 tsp allspice
- 2-3 tbsp rapeseed oil + 3 tbsp
- Half goat leg, about 675g, with bone
- 1 onion, finely sliced
- 1 large thumb-sized piece of ginger, peeled and grated
- 2 garlic cloves, peeled and grated
- 2 vine tomatoes, grated (and skins finely chopped)
- 1 tbsp honey
- 2 tbsp red wine vinegar
- 1 tbsp pomegranate molasses
- 200g dried figs, stalks removed and cut in half
- 100g walnut halves
- ½ small bunch thyme, tied together with cooking string

Orzo and Brown Rice

- 120g wholegrain brown rice
- 25g butter
- 95g orzo
- 300ml vegetable stock
- A few sprigs of parsley and mint, roughly chopped (plus extra for garnish)
- 3-4 tbsp pomegranate seeds (plus extra for garnish)

Serves 3-4

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Method

1. Heat the oven to 220C/200C fan.
2. Place the coriander seeds in a small frying pan over a medium heat. Toast for 1-2 minutes, then add the cardamom and cumin seeds, and toast for a further 1-2 minutes until fragrant.
3. Transfer to a pestle and mortar and grind almost to a powder.
4. In a small bowl, combine the ground spices with the paprika, turmeric, cinnamon and allspice along with 2-3 tbsp rapeseed oil, salt and pepper, then rub this onto the goat leg.
5. Place the leg onto a rack in a roasting tin and cook in the hot oven for 15-20 minutes, until browned.
6. Meanwhile, heat the 3 tbsp rapeseed oil in a casserole dish (about 20cm, to fit the goat leg and other ingredients snugly, with a tightly fitting lid).
7. Add the sliced onion and sweat these for 8-10 minutes. Add the ginger and cook for a further 2 minutes, before adding the garlic.
8. Next, add the grated tomato, honey, vinegar, dried figs, walnuts, pomegranate molasses and thyme.
9. Season with salt and top up the casserole dish with 250ml water. Bring to a simmer.
10. When the goat leg is browned, remove it from the oven and transfer it into the casserole dish. Reduce the oven temperature to 180C/160C fan.
11. Spoon some of the liquid over the joint and bring it all to a simmer for 2-3 minutes on the hob. Place the lid on and put the dish in the oven for 30 minutes. Then reduce the oven temperature again to 120C/100C fan and cook gently for a further 4-6 hours.
12. Check it occasionally to ensure it isn't drying out, if so top it up with a little more water.
13. After this time, remove the joint from the dish and on a board pull the meat off the bone using a fork, and carving the larger chunks of meat as desired.
14. Return the meat to the casserole dish and let it rest in a warm oven (about 70C/50C fan) while you cook the orzo and rice.
15. Rinse the rice. Bring a pan of water to the boil and par-boil the rice for 10 minutes.
16. In a separate saucepan, melt 25g butter. Add the orzo and cook for 2-3 minutes, coating the orzo in the butter and stirring frequently to avoid burning. You want it to go a golden-brown colour.
17. Then drain the par-boiled rice and add this to the orzo, stirring to coat it in the butter as well.
18. Add the stock and bring to a gentle boil. Cover the saucepan with a lid and cook gently for 15 minutes (don't be tempted to remove the lid as it needs the steam to cook properly!)
19. After this time, remove from the heat, stirring through the chopped herbs and pomegranate seeds, and transfer to a warm serving dish.
20. Bring the goat dish and the orzo and rice to the table and serve with seasonal green vegetables, natural yoghurt, and any spare herbs and pomegranate seeds to garnish with.