



THE
GOURMET
GOAT
FARMER

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Chilli Con Goat-e

Ingredients

- 2 tablespoons of olive oil
- 2 onions, peeled and roughly chopped
- 1 x red pepper
- 1/2 bulb of garlic, peeled and roughly chopped
- 1 teaspoon of ground cumin
- 2 teaspoons of chilli powder
- 500g minced or diced goat meat
- 1 x 400g tin of kidney beans
- 1 x 400g tin of plum tomatoes
- 300ml stock
- 200ml red wine
- 1 teaspoon of oregano
- Sea salt and freshly ground black pepper

Method

1. Add the oil to a frying pan and on a low heat gently cook the onions, pepper and garlic until soft, about 5 minutes
2. Add the cumin and chilli to the pan and cook for 2 minutes
3. Add the meat to the pan and stir well
4. Add the beans, tomatoes, stock, wine and oregano
5. Season to taste
6. Bring to the boil and then reduce the heat to a gently simmer
7. Cover and cook for 1 to 2 hours until the meat is tender
8. Serve with rice

The chilli tastes even better if cooked and left overnight. To reheat place on the hob on a low heat for 30-45 minutes. Ensure it cooked through before serving.