



THE  
GOURMET  
GOAT  
FARMER

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## Nepali Goat Curry

### Ingredients

- 1kg diced goat meat
- ¼ cup cooking oil
- 2-3 tsp minced garlic
- 1 stick cinnamon
- 2 tsp coriander seeds
- 1-2 tsp cumin seeds
- 4-6 cardamom pods, crushed
- 1/4 tsp black peppercorns
- 2-3 bay leaves
- Pinch of fennel seeds
- Pinch of ground nutmeg
- 4 cloves
- 2-3 red chillies, seeded
- 1 1/2 tbsp minced ginger
- 1 tsp ground turmeric
- large bunch of coriander
- Salt & Pepper to taste

### Method

1. Heat a small pan over medium-low heat and toast the cinnamon, coriander, cumin, green cardamom, peppercorns, fennel, bay leaves and cloves, stirring constantly for 2-3 minutes.
2. Pour into a dry container to halt the toasting then allow to cool and remove the seeds from the cardamom, discarding the pods.
3. Place the spices in a spice grinder or a mortar and pestle with the chillies and grind to a fine powder.
4. In a small bowl, combine that mix with the oil, garlic, ginger, salt and nutmeg.
5. Rub the spice mixture over the meat. Cover and allow the meat to marinate for 30 minutes at room temperature or refrigerate it overnight, but bring it back to room temperature before cooking.
6. Place the marinated meat in a large heavy-bottomed saucepan. Cook, uncovered, over medium-high heat for 7-8 minutes, stirring from time to time, until the meat loses its pink colour.
7. Lower the heat, cover, and simmer, stirring often to prevent scorching, until the meat is tender and cooked through, and the juices are absorbed into the meat. If the meat has not reached the desired tenderness, add 1/2 cup hot water and continue cooking until it is tender and most of the juices have evaporated.

Traditionally served with freshly steamed rice, vegetables and selection of pickles.