



THE  
GOURMET  
GOAT  
FARMER

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## Slow-cooked goat joint with mint and cumin

*This is a fantastic feast for 6-8 people. Marinade the meat overnight if you can, or for at least 4 hours. It will take up to 5 hours to cook, but you could cook it the day before and warm it up again.*

### Ingredients

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1 goat shoulder or leg joint  
3 onions, quartered  
5 large carrots, peeled and chopped in half widthways  
2 bulbs of garlic, sliced in half widthways

#### For the marinade

2 lemons (1 tbsp zest and 4 tbsp juice)  
6 garlic cloves, crushed  
25g fresh mint leaves  
15g fresh coriander  
1 tbsp paprika  
1/2 tsp fenugreek seeds  
2 tsp ground cumin  
3 tbsp olive oil  
1 1/2 tsp salt  
1 1/2 tsp black pepper, ground

### Method

1. Place the ingredients for the marinade in a food processor and blitz to form a rough paste.
2. Skewer the joint all over about 30 times with a small sharp knife and then rub the marinade paste all over the meat and into the incisions. Cover and refrigerate overnight (or for at least 4 hours).
3. Pre-heat the oven to 170°C fan.
4. Put the joint in a high-sided baking dish. Cover the dish with tinfoil and roast for 1 hour.
5. Reduce the temperature to 160°C fan. Add the onions, carrots and garlic bulbs to the dish.
6. Re-cover with the tinfoil and roast for a further 3 to 4 hours until the meat falls off the bone, basting the meat and vegetables 3 or 4 times.