

Chevon Rendang

Ingredients

1.2kg chevon forequarter, diced
2 onions, sliced
2 tbsp peanut oil
30g tamarind pulp
100ml boiling water

Spice Paste

3cm ginger, peeled and sliced
3 fresh galangal slices, finely chopped
3 lemongrass stalks, chopped
4 red chillies, seeded
3 tsp coriander seeds
3 tsp cumin seeds
3 cloves garlic
4 tbsp shredded dried coconut
1 cinnamon stick
2 cardamom pods
3 star anise
425ml coconut milk
Salt
Kaffir lime leaves



Method

Soak the tamarind in the boiling water for 15 mins. Pour through a fine sieve, discard the pulp and set the liquid aside. To make the spice paste, dry fry the coriander and cumin seeds over medium heat until fragrant. Place in a spice grinder when cool, and grind to a powder. Place in a food processor along with the ginger, galangal, lemongrass, chillies, garlic and a little water if necessary to blend to a smooth paste. Toast the coconut in a frying pan until golden brown. When cool, place in a spice grinder and grind as finely as possible. Heat the oil in a large saucepan and cook the onions until soft. Add the spice paste and fry for 5 minutes. Add the meat and stir. Continue to add the remaining ingredients, all except for the lime leaves. Bring to the boil and then gently simmer, uncovered until the goat is tender, approximately 1 1/2 hours. Slice the kaffir lime leaves and add to the saucepan with the salt in the final half hour. Serve with rice, sambals and prawn crisps.

Serves 6

Moroccan Chevon Kebabs with Leek & Lemon Infused Couscous

Ingredients

1kg trimmed chevon rump, diced
1 red capsicum, cut into 2cm dice
1 green capsicum, cut into
2cm dice
Marinade
60ml olive oil
60ml lemon juice
1 tbsp harissa
1 tsp ground coriander

Method

Place all the marinade ingredients in a non-reactive container and add the chevon. Turn the chevon to cover evenly and refrigerate for 24 hours. Thread the meat and vegetables alternatively on skewers and cook on a char grill, turning once.

Lemon Couscous

375g instant couscous
3 cups vegetable stock
4 tbsp unsalted butter
1 tbsp olive oil
1 tsp salt
2 leeks sliced thinly
Grated rind of 1 lemon
2 tbsp shredded mint

Method

Sauté leeks in olive oil and 2 tbsp of the butter until soft. Place to one side. Bring the stock to the boil with the salt and pour over the couscous. Let stand for 10 minutes until the stock has been absorbed by the grain. Fluff the couscous with a fork and add the remaining butter. Stir through the cooked leeks, grated lemon rind and shredded mint.

Serves 6



Middle Eastern Leg of Chevon in Cumin and Coriander with Pilaf Rice and Yoghurt

Ingredients

1kg leg of chevon
10 cloves garlic
2 tbsp olive oil
2 tbsp cumin
1 tbsp coriander
200g long grain rice
100g vermicelli
100g butter
60g whole almonds
60g raisins
2 cups veal stock
1 tsp salt
3 onions sliced
1/2 tsp cinnamon
2 tbsp chopped parsley
Yoghurt



Method

Preheat the oven to 200°C. Make 2cm incisions in the chevon meat and insert cut slices of garlic from 6 cloves. Crush the remaining garlic and mix with the olive oil. Spread the mixture over the meat and then rub the cumin and coriander evenly over the surface of the meat. Place the leg of chevon in a roasting pan. Roast for approximately 1 hour and 20 minutes, turning twice.

Meanwhile, sauté or toast the almonds in butter until browned. Break up pieces of vermicelli and sauté until golden. Remove from pan and set aside. Continue to sauté the rice in the butter until transparent. Combine the almonds, vermicelli, nuts and raisins with the rice and add the stock and salt. Cover and bring to the boil. Reduce heat and simmer for approximately 15 minutes or until rice is tender, stir with fork. Add parsley when ready to serve.

Caramelize the onions in butter with the cinnamon. Fork the onion mixture onto the pilaf and serve with the roast chevon and yoghurt.

Serves 6

Middle Eastern Chevon Pastries

Ingredients

Dough -

1 tbsp active dry yeast
180ml warm water
390g (2 1/2 cups) Plain flour
1 1/2 tsp salt
1 tbsp olive oil

Filling -

2 tbsp olive oil
1 onion, finely chopped
500g minced chevon
50g toasted pine nuts
1/2 tsp cinnamon
1/4 tsp allspice
1 tsp salt
1/2 tsp pepper
1/4 cup chopped parsley



Method

To make the dough – Dissolve the yeast in the warm water for 5 minutes. Mix together the flour and salt and stir in the yeast mixture with the oil. Knead and shape into a ball and allow to stand in a warm place until doubled in size, approximately 1 1/2 hrs.

To make the filling sauté the onion until soft. Mix with the remaining ingredients. Divide the pastry into 24 portions and roll out into 8cm rounds. Top each round with a spoonful of filling and enclose the filling to form a triangular pastry. Brush the pastries with oil and bake at 200C for 15-20 minutes. Serve with yoghurt.

Makes 24 pastries

Mediterranean Casserole of Chevon

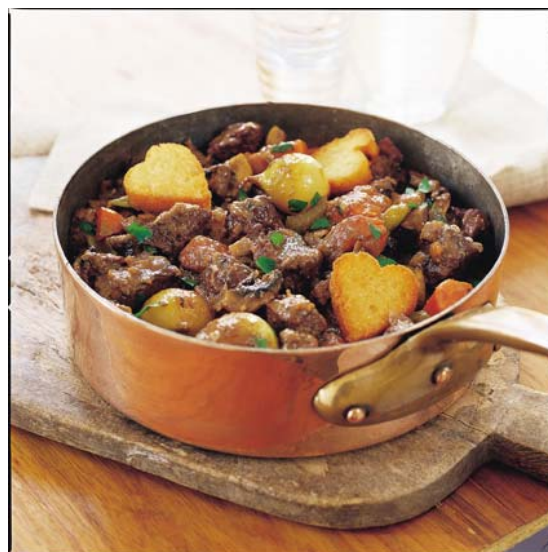
Ingredients

1kg chevon forequarter, diced
3 tbsp olive oil
1 onion, roughly chopped
4 cloves of garlic
2 carrots, chopped
4 sticks celery, chopped
250gm mushrooms, chopped
2 tbsp butter
12 pickling onions, peeled
4 sprigs fresh thyme
250ml Shiraz
2 tbsp cognac
2 tbsp chopped parsley
Salt and pepper
12 bread croutons

Method

Brown the chevon in the olive oil over high heat and set aside. Soften the onion and garlic until translucent and add the caramelised meat, carrots, celery, baby onions, thyme, red wine and cognac. Bring to the boil and turn the heat to a simmer and cook slowly for 2 hours. Sauté the mushrooms in 2 tbsp of butter and add to the dish 10 minutes before the end of cooking. Season and add the chopped parsley. Fry the croutons in oil and serve with casserole and celeriac mash.

Serves 6



Marinated Chevon Cutlets with Coconut, Coriander & Mint Sambal

Ingredients

6 chevon cutlets (from the rack)

Marinade

Juice of 3 limes

1/2 tsp paprika

3 tbsp olive oil

3 tbsp chopped mint

2 tbsp olive oil for cooking

Method

Combine the marinade ingredients together and place the chevon cutlets in the marinade for 3 hours. When ready to cook, heat the oil in a frying pan and brown on both sides until cooked. Serve with the coconut, coriander & mint sambal and potato wedges.

Coconut, Coriander and Mint Sambal

60g coriander leaves

30g mint leaves

4 garlic cloves, peeled

1 1/2 tsp ground cumin

1tspn sugar

1tspn salt

3 tbsp lemon juice

3-4 fresh green mild chillies, chopped

100ml coconut cream

30g shredded coconut

Blend all ingredients to a paste adding lemon juice in small quantities.

Serves 6



Citrus Spiced Chevon with Zucchini & Herb Risotto

Ingredients

1kg chevon forequarter, diced
1tspn ground cinnamon
1/4 tsp ground allspice
1/2 tsp crushed peppercorns
1 tsp salt
Grated zest of 2 oranges
Juice of 1 orange
4 tbsp olive oil
250ml dry white wine
2 bay leaves

Method

Rub the chevon with the ground spices, crushed peppercorns, salt, orange zest and juice. Arrange in a casserole and add the olive oil, the white wine and the bay leaves. Place in the oven at 180oC, uncovered, basting at regular intervals for 45 minutes. Serve with a herb risotto.

Zucchini & Herb Risotto

Ingredients

300g Arborio rice
4 zucchinis, sliced
1 onion, chopped
5 tbsp olive oil
1 garlic clove, minced
1 1/4 litres stock
40g butter
1 tbsp parsley, chopped
1 tbsp basil, chopped
3 tbsp parmigiano, grated
Salt and pepper



Method

Bring the stock to the boil and maintain at a simmer. Sauté the onion in 3 tbsp of the oil. Continue to cook until translucent. Add the garlic and the zucchinis. Continue to cook the zucchinis until golden. Keep aside. Add the remaining oil to the pan with 20g of butter and stir in the rice. Continue cooking for 3 minutes and then slowly add the stock, one ladleful at a time until all the stock is absorbed. When cooked, stir through the zucchinis, herbs, the remaining butter and parmesan cheese. Season to taste.

Serves 6

Chevon Salad with Tabouli



Ingredients

250 g Australian Chevon chump or topside thinly sliced (use mince instead if desired)

2 cloves garlic, finely chopped

4 red onions finely sliced

Salad ingredients

½ cup burghul

4 cups finely chopped Lebanese parsley

1 cup finely chopped mint leaves

2 red onions, chopped finely

2 firm tomatoes, chopped

1 cucumber, peeled and finely shredded

Juice of 4 to 5 limes

Sugar to balance flavours

Salt and pepper to taste

Method

Heat 1 tbsp oil and sauté garlic till brown then add onion and sauté until crisp.

Add meat and cook on high, briskly turning, meat over until brown.

Soak burghul in 3 cups of water for 1 hour until absorbed.

Squeeze water out and drain on a clean tea towel.

Mix lime juice, sugar, salt and pepper, tasting to balance flavours.

Combine remaining ingredients in a large bowl and pour over dressing, allowing the flavours to develop over 4 minutes.

Place on serving platter and top with stir fired goat meat.

Garnish with spinach leaves.

Chevon Salad Thai salad



Ingredients

250 gms Australian chevon eye of short loin

2 tblsps ginger juice

Salad ingredients

All ingredients should be cut in similar sizes pieces.

1 cucumber, seeds removed, sliced in half rings

1 green mango seeded and sliced thinly

2 slices pineapple, sliced

1 green paw paw peeled and then shredded

1 tbs fish sauce

1 tbs chilli paste

2 tbs jaggery or palm sugar mixed in 2 tbs hot water

Basil leaves for garnish

Method

Rub the meat with 2 tblsp ginger juice and allow to marinate for 2 to 3 hours.

Brush fillet with oil and place under a hot grill, cooking for only 3 minutes on each side.

Allow to rest for 10 minutes.

Cut into fine slivers

Just before serving, in a large bowl, toss all the chopped ingredients. Top with slivers of goat meat.

In a small bowl, mix palm sugar mixture, fish sauce, and chilli sauce.

Make sure flavours balance.

Pour gently over salad and serve at once, with basil leaves as garnish.

Chevon Pilaf



Ingredients

300g Australian Chevon leg, sliced or diced
2 tblsp of oil
¼ cup of yoghurt
2 onions, sliced
1 clove of garlic, crushed
3 cardamom pods
½ tsp of turmeric
1 cup short grain rice
1 tblsp ghee
3 cups chicken stock
½ cup of green peas
½ cup yogurt or solid milk fat (channa), cubed carefully
Juice and grated rind of ½ a lemon
2 tsp honey
Toasted almonds
To garnish
Lemon slices to garnish
Salt and pepper to taste

Method

Place goat meat in a bowl with 1 sliced onion and yoghurt.
Allow to marinate for 1 hour.
Heat oil in a large saucepan.
Add meat to pan with onions, garlic and spices.
Remove meat from pan and keep warm
Clean pan, heat ghee in pan and sauté rice for about 2 minutes.
Add stock, salt and pepper, peas and lemon rind and stir.
Top with meat and onions.
Cover and simmer over moderate heat until rice and meat are tender.
Add honey and lemon juice, toss through with fork and then place channa on top.
Allow to steam for 5 minutes before serving.
Garnish with almonds and lemon slices.

Chevon, Tomato and Olive Pies served with Roast Garlic Skordalia

Ingredients

750g chevon forequarter, diced
1 tbsp flour
1 onion, chopped
3 tbsp olive oil
20 eschalots, peeled
200g button mushrooms
4 tomatoes, seeded and roughly chopped
250ml cabernet sauvignon
12 Kalamata olives, seeded
2 tsp chopped fresh thyme
Salt and pepper
Shortcrust & puff pastry



Method

Roll the meat in flour and sear in 1 tbsp of the oil over high heat. Remove from the pan. Place the remaining oil in a saucepan and soften the chopped onion and eschalots. Add the mushrooms, and fry for a further 5 minutes before adding the tomatoes, thyme, seasoning, meat and red wine. Cover and cook for 45 minutes. Add the olives in the final 5 minutes of cooking. Set aside to cool.

Pastry - Roll out short crust pastry sheets to line the bases of 6 x 12cm pie tins. Fill with the cooled goat mixture and top with lids cut from puff pastry sheets. Knock-up the pastry around the edges of the pies and then flute the crust at intervals. Cut a few slits in the pastry and glaze with egg wash. Decorate if desired. Bake for 25-30 minutes at 200°C.

Roast Garlic Skordalia

4 large waxy potatoes, peeled and diced
4 heads of garlic, cloves peeled
Juice of 1 lemon
125ml extra virgin olive oil
Salt and pepper

Method

Preheat the oven to 150°C. Boil the potatoes in salted water until tender. Drain. Roast the garlic cloves in the oven for approximately 40 minutes. Place the potatoes, garlic, seasonings and lemon in a food processor and combine. With the motor running, slowly add the olive oil and process until smooth. Season to taste.
Serves 6

Chevon Cutlets in Curry Sauce



Ingredients

6-8 Australian Chevon (young goat) cutlets

2 tblsps ghee, oil or butter

½ tsp coriander powder

½ tsp cumin powder

1 tsp chilli powder

½ tsp turmeric powder

1 tblsp onion, minced

2 tsps garlic, minced

½ cup yoghurt

1 green capsicum, finely chopped

1 medium white radish, grated

1 pinch saffron powder

1 kg spinach

Salt to taste

Method

Melt 1tblsp ghee, oil or butter in a heavy pan and bring to foaming.

Add goat cutlets and sauté for 2 minutes until golden.

Remove, cover and set aside.

Add remaining ghee and bring to a high heat.

Add coriander powder, cumin powder and turmeric.

Stir-fry for 30 seconds then add onions, garlic and salt.

Return cutlets to pan and toss in spices to cover.

Cover the pan and allow simmer on medium heat for 4-5 minutes (if cutlets are not yet tender add ½ cup of water and continue simmering for a further 15 minutes).

Remove cutlets to serving dish and pour over sauce, sprinkle with saffron powder then grated radish and chopped capsicum.

Clean and wash spinach, pour boiling water over it and set aside for 5 minutes.

Strain in a colander

The spinach will turn soft and brilliant green- add salt and butter and serve with the cutlets.

Garnish with chopped red chillies and grated radish.

Chevon Crepinette with Spicy Tomato Sauce

Ingredients

400g minced chevon
300g minced veal
75g pancetta, diced
1 cup fresh breadcrumbs
4 tbsp chopped dill
1 egg, beaten
1 onion, finely chopped
1/2 tsp salt
1/4 tsp pepper
1/2 tsp cayenne pepper
caul fat
2 tbsp olive oil



Method

Soak the caul fat in tepid water with a little vinegar until the caul becomes pliable. Set aside. Mix all the remaining ingredients together and form into flat-shaped balls. Cut the caul into approximately 12cm squares place the meat mixture in the middle and wrap them securely. Brown the crepinettes in the olive oil and finish in the oven at 180°C for 8-10 minutes.

Spicy Tomato Sauce

2 cloves garlic, chopped
1 onion, diced
75g pancetta, diced
1 carrot, diced
1kg tomatoes, skinned, seeded & chopped
1 tbsp olive oil
50ml balsamic vinegar
1/2 tsp salt

Method

Soften the garlic, onion and pancetta in the oil. Add the carrot, tomatoes and balsamic vinegar. Raise the heat and cook, uncovered, for 15 minutes. Add seasoning after 10 minutes. Serve with a salad of bitter greens.

Serves 6

Thai-Spiced Chevon and Noodle Soup

Ingredients

400g chevon tenderloin, sliced across the grain

450g thin egg noodles

3 cloves garlic, finely chopped

2 tbsp red curry paste

1/2 tsp turmeric

2 x 425ml cans of coconut milk

3 cups stock

3 tbsp fish sauce

1 tsp palm sugar

1/2 cup sliced bamboo shoots

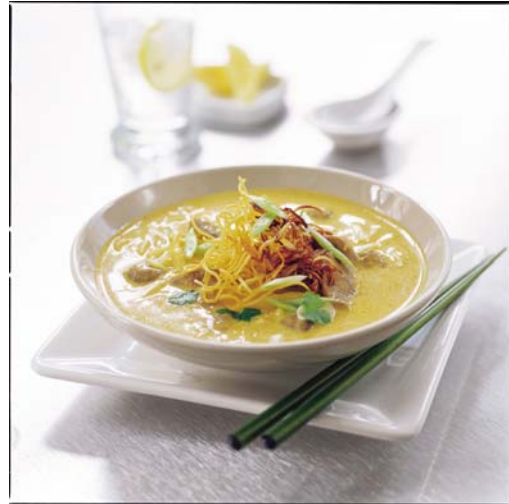
1/2 cup canned straw mushrooms

Juice of 1 lemon

2 tbsp fried shallot flakes

4 spring onions sliced

1/2 bunch of coriander



Method

Cook the egg noodles in a large pot of boiling water. Drain, rinse in cold water and set aside. Take 150g of the noodles and deep fry until golden, drain, and crumble into small pieces. Leave aside to garnish the soup. Gently fry the garlic in 2 tbsp of peanut oil. Spoon approximately 200ml of thick cream from the top of the cans of coconut milk and add to the garlic. Combine with the red curry paste and turmeric, and stir until smooth. Add the chevon and cook for a further 3 minutes. Add the remaining coconut milk, stock, fish sauce, palm sugar, bamboo shoots and straw mushrooms. Bring to the boil and simmer to establish the flavours. Stir in the lemon juice. Divide the boiled noodles between the bowls and spoon the soup over them. Garnish with the fried onion flakes, fried noodles, spring onions and coriander.

Serves 6