

## **PENNY SAVER NEWS**

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### Some Old Goat!

Well, actually you probably don't want to eat an old goat. But young goats are a popular meal in most of the world. They've been a standard meat source since well before Bible times. The Bible tells us that Abraham served goat. And goat is becoming more common on US tables too. Have you tried any yet?

Part of the reason for the growing consumption of goat in the US is our growing population of Caribbean, South Asian, North African and Middle Eastern families. These people are very used to eating goat. From curries to barbeques, grilled to stewed, goat meat is common on the menus from their home countries. If you go to many ethnic restaurants you've probably seen goat on the menu.

You might not have recognized the meat as goat though, since it travels under a variety of names. Young kid goat is usually referred to as *cabrito*, *capretto* or just *kid* on the menu. Meat from an adult animal is often called *chevon*. If you've bought chèvre cheese, it was made from goat milk.

What is used for cooking is rarely an 'old goat'. Older goats, especially if they are male animals, might have a stronger flavor and aroma. But meat from young animals, especially from kids under one year old, is tender, milder in flavor and very lean. That's another reason that goat meat is gaining in popularity. Young goats don't store much fat. Fat is what provides a lot of the flavor we sense when we eat. So meat with very low fat is both milder and healthier. Most people describe young goat meat as tasting like a cross between beef and lamb. It's not as flavorful as lamb, but tastier than beef.

A 3 oz serving of roasted goat has about 40 fewer calories than a chuck roast of beef. That difference comes from having just half the fat, and half the saturated fat of beef. The serving of goat also has a bit more protein, 23 g compared to just under 21 g in the beef. Goat also has more calcium and iron than a similar amount of beef.

Meat from older animals, if they have been raised and tended for meat use, will usually have a pleasant flavor that is described as 'earthy'. Meat from older animals is usually juicier, but not as tender as meat from kids. However, if you buy meat from an individual who did not manage where it grazed or just left it get quite old, you might get some really strong flavors. The meat can sometimes

smell quite 'goaty'. You won't run that risk buying commercially grown and sold goat meat.

Just like beef, pork and lamb, goat meat is inspected by the USDA. It cannot come from sick or diseased animals. It must be safe and healthful. But unlike the other meats, there are no quality grades for goat. So don't expect to find a 'choice' or 'select' label on goat meat.

Goat meat can be substituted for beef, lamb or even chicken in many recipes. Curries, stews and braises are especially popular because the longer, slower cooking tenderizes the lean meat very nicely. If you want to grill goat steaks or chops, look for meat that has more marbling. The meat itself might be a darker red, but there should be more streaks of fat running through it. That will help keep it tender during quick, hot cooking. Goat can also be roasted or fried, and made into sausage or jerky. Often with all the seasoning and smoking of jerky you won't be able to tell what you're eating.

If you're ready to try it, here's an easy way to start. This marinade will be enough for up to 4 pounds of trimmed meat. If you use pieces with the bones, then it will flavor even more. It does take awhile, but the slow moist cooking will give you very tender meat. Serve over rice, with a big green salad or steamed veggies.

#### Super Easy Baked Goat

Up to 4 lb of cubed goat meat	1/2 C olive oil
1 Tbsp oregano	1 1/2 tsp black pepper
1 1/2 tsp salt	1 Tbsp lemon juice
1 Tbsp white vinegar	2 tsp minced garlic
1 tsp chili powder	1 tsp ground cumin

Combine oil and all the seasonings in large bowl and work into a paste. Add the meat and stir to coat all parts of the meat with paste. Transfer the meat to a large sheet of aluminum foil, wrap and seal the foil around the meat. Place in refrigerator and allow to marinate for at least 2 hours. Preheat oven to 400° F. Place foil package on a baking sheet and bake for 40 minutes. Lower temperature to 350° F and bake 2 more hours. Insert a meat thermometer through the foil into a piece of meat to check temperature. Meat is done when it reaches 145° F. Allow to rest 20 minutes before serving. Two pounds of boneless meat should serve 8 people. Adapted from the Red Tractor Farm.

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