

POMEGRANATE BRAISED GOAT LEG, FREEKEH, CORIANDER AND DRIED CRANBERRY

EQUIPMENT

DUTCH OVEN OR CASSEROLE DISH, TONGS, CHEF KNIFE, MIXING BOWLS, BAKING PAPER, FOIL

INGREDIENTS

1 GOAT LEG (CUT IN HALF), 15GM SUMAC, SALT, 3 SLICED SHALLOTS, 4 SLICED GARLIC CLOVES,
1 RED CHILLI SLICED, 1.8KG CHICKEN STOCK, 300GM POMEGRANATE MOLASSES, 160GM FREEKEH,
CORIANDER, EXTRA VIRGIN OLIVE OIL
40GM DRIED CRANBERRIES, ¼ BUNCH OF CORIANDER, EXTRA VIRGIN OLIVE OIL

METHOD

PLACE A LARGE CASSEROLE DISH OR DUTCH OVEN ON THE STOVETOP OVER MEDIUM HEAT.

IN A SMALL MIXING BOWL ADD SUMAC AND SALT AND MIX TOGETHER, RUB THIS SALT MIX OVER THE GOAT PIECES.

ONCE THE CASSEROLE DISH IS HOT ADD A LITTLE EVOO AND SEAL THE GOAT PIECES ON ALL SIDES UNTIL GOLDEN, REMOVE FROM THE POT AND SET ASIDE.

WIPE OUT THE POT AND RETURN IT TO THE STOVE TOP ADD SOME EXTRA EVOO AND SAUTÉ THE SLICED SHALLOTS OVER MEDIUM HEAT FOR 2 MINUTES, NEXT ADD THE GARLIC AND CHILLI AND COOK FOR A FURTHER 2 MINUTES.

NEXT ADD 1.5KG OF CHICKEN STOCK AND THE POMEGRANATE MOLASSES, STIR WELL AND TURN THE HEAT UP AND BRING THE POT TO THE BOIL.

ONCE BOILED REMOVE THE POT FROM THE STOVE AND PLACE THE GOAT PIECES IN THE POT. COVER THE POT WITH BAKING PAPER AND PLACE INTO THE OVEN COMBI SETTING 150°C FOR 2.5 HOURS

30 MINUTES BEFORE THE COOKING TIME FINISHES POUR THE REMAINING STOCK INTO A SMALL SAUCEPAN AND BRING TO THE BOIL. PLACE THE FREEKEH INTO A SHALLOW BAKING TRAY AND ONCE THE STOCK HAS BOILED POUR THE STOCK OVER. COVER TIGHTLY WITH FOIL AND PLACE IN THE OVEN WITH THE GOAT.

CHOP HALF OF THE CORIANDER YOU HAVE AND PLACE IT IN A MIXING BOWL WITH THE DRIED CRANBERRIES, MIX AND SET ASIDE.

10 MINUTES BEFORE THE TIMER ENDS REMOVE THE GOAT FROM THE OVEN. REMOVE THE GOAT FROM THE POT AND COVER WITH FOIL TO STAY WARM, PLACE THE POT WITH THE STOCK IN IT ON THE STOVETOP AND REDUCE BY HALF.

WHEN THE TIMER FINISHES ON THE OVEN REMOVE THE FREEKEH AND DISCARD THE FOIL, MIX THE CHOPPED CORIANDER AND CRANBERRIES THROUGH THE FREEKEH ALONG WITH SOME SALT.

PLACE THE FREEKEH IN THE MIDDLE OF A LARGE SERVING PLATE AND ARRANGE THE GOAT PIECES ON TOP, SPOON OVER THE REDUCED COOKING SAUCE AND SCATTER OVER REMAINING CORIANDER AND SERVE.

HINTS & TIPS

- ALTHOUGH NOT OFTEN USED IN WESTERN CUISINE GOAT IS AN EXCELLENT CHOICE FOR HEALTH CONSCIENCE DINERS, IT'S VERY LEAN AND DOES NOT HAVE A LOT OF FAT.

LONG SLOW COOKING IS THE KEY TO A GOOD GOAT DISH AND PLENTY OF COOKING LIQUIDS ALSO, BEING THAT GOAT IS VERY LEAN AND DOES NOT CONTAIN A LOT OF NATURAL FAT IT NEEDS TO BE SURROUNDED BY MOISTURE SO IT DOES NOT DRY OUT WHILST COOKING.

ASK YOUR BUTCHER TO CUT THE LEG IN HALF FOR YOU, THIS WILL MAKE IT EASIER TO MANAGE AND ENSURE IT WILL FIT INTO YOUR POT.