



Cabrito Caribbean Goat Curry

Make it extra hot with the optional sauce recipe

Serves: 4

Prepare: 15 Minutes

Cook: 1 Hour 30 Minutes

Difficulty: easy

Ingredients

Marinade Spices

- ¼ tsp ginger
- ½ tsp onion powder
- ¼ tsp mustard powder
- ½ tsp ground allspice
- ½ tsp thyme
- ¼ tsp chilli powder
- ¼ tsp garlic
- ¼ tsp cracked black pepper
- ¼ tsp ground cinnamon

Jamaican Curry Powder

- 2 tsp Jamaican curry powder
- 1 tbsp mild curry powder
- ½ tsp allspice
- ½ tsp thyme

Curry Whole Spices

- 2 bay leaves
- 1 cinnamon quill

Hot Sauce Spices

- 8 tsp red pepper flakes
- ¼ tsp habanero powder
- ? tsp garlic flakes
- ? chilli

Method

For The Curry

1. Mix the diced meat together with the MARINADE SPICES, the onion, garlic, finely chopped red pepper, 1 tsp salt, 1 tbsp of vinegar and 1 tsp sugar
2. Marinade as long as possible up to 12 hours

For The Hot Sauce

1. Soak the HOT SAUCE SPICES in 200ml of boiling water from the kettle

For The Curry

1. Drain and reserve the marinade
2. Fry meat in 2 tbsp oil for 10 minutes or until beginning to brown around the edges
3. Stir in the JAMAICAN CURRY POWDER and the reserved marinade and cook for a minute
4. Add the tomatoes, CURRY WHOLE SPICES and 200ml of water then cover and cook for 1 ½ hours until the meat is tender and the sauce is rich and thick (add a splash of water if the pan starts to dry out before the meat is tender)

For The Hot Sauce

1. Blend the soaked HOT SAUCE SPICES (including the soaking water) with 1 tbsp of vinegar
2. 6 tsp of tomato puree and a big pinch of salt to a smooth sauce

For The Curry

- 800g diced boneless goat
- 1 large white onion - finely chopped or organic dried onion
- 1 red pepper - deseeded and finely chopped
- 3 tomatoes - roughly chopped
- 2 cloves garlic - finely chopped
- vinegar
- sugar
- tomato puree

To Serve

1. Remove the CURRY WHOLE SPICES from the curry then serve with the hot sauce on the side