

THE CHEVON GUIDE

Cuts



Mince

H.A.M. number 5260

Extremely versatile, ideal for ethnic-style dishes.



Cutlets

H.A.M. number 4938

Popular and stylish. Serve cutlets separately or as a rack.



Rump

H.A.M. number 5074

Great flavour and extremely versatile.



Tenderloin

H.A.M. number 5082

Ideal for quick-cook/long-rest techniques.



Leg

H.A.M. number 4800

A lean and flavoursome cut, ideal for roasting. May also be diced for wet dishes and kebabs.



Diced Forquarter

H.A.M. number 5046

Tasty and economical, best suited to wet dishes.

Note: H.A.M numbers for goat are identical to those for sheepmeat. To order goat, you will need to specify the category G (goat), or one of the alternate categories such as GK (kid goat).

Make a point of specifying the category (age and sex) when ordering to be sure of receiving the right product.

For more information regarding H.A.M. Nos. contact AUSMEAT +61 7 3247 7200

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People have been eating goat meat for thousands of years - in fact, recent research indicates that the goat was the first animal to be domesticated by man. Yet many chefs fail to take advantage of this delicious and distinctive meat.

Availability and consistency of quality of goat meat has increased rapidly in recent years, thanks largely to the introduction of improved meat breeds. The increasing diversity of Australia's population, and its menus, means there is now a ready audience for goat. It is a traditional meat throughout many regions of the world, including the Middle East, Mediterranean, parts of Africa, the Indian sub-continent, the Caribbean and throughout South-East Asia.

Chevon has a similar conformation to sheep, so the cuts are basically the same as those for lamb and mutton. A similar split in the age of the animal occurs with goat: capretto is a sweet, succulent meat with a carcass weight of 6-12kg, similar to lamb in flavour and texture. The French term chevon is used for goats aged 6-18 months. While chevon is a more strongly-flavoured meat, it is still relatively lean. It's more gamey flavour and firmer muscle texture means chevon is most often associated with strongly spiced dishes such as curries, and with slow-cooked dishes in general.

In this publication, we provide a wealth of ideas to inform and inspire you about using chevon. There are recipes, menu ideas, cooking tips and stunning food photography. Whether it's an authentic ethnic dish or a contemporary creation, chevon adds an exotic touch to your menu and provides plenty of opportunities to display your flair.

"I've found that all the cuts are of extremely good quality. They are easy to cook. The flavour is a little strong which is in one way natural for goat".

**Otto Weibel, Executive Chef,
The Westin Stamford & Westin Plaza Hotels, Singapore**

"The flavour of the meat is really nice, the texture is tender and very juicy."

Eddy Leung, Executive Chef, "Poison Ivy", Hong Kong

"I found the product to be of very high standard across the spectrum of measurable indicators. The flavour was mild but defined. Moisture retention was high after cooking resulting in excellent texture and tenderness. Quick cooking methods (grilling, BBQ and searing) were performed and the eating qualities were very good in all aspects."

Mike Tafe, Consultant Chef "Food Stuff Pty Ltd", Australia

(Rack) "As most Indonesians hold a preference for goat meat over Australian lamb... the comments received from our three tasters were very favourable. The trimmings and bones made an excellent stock which retained the flavour well without any predominant odour."

(Shortloin) "...very well accepted and there was no predominant gamey odour or flavour... had no after-flavours as lamb or goat would. The overall meat flavour complements all the accompanying sauces and vegetables, blending in very well, without being overpowering."

Gordon Fairley, Executive Chef, The Sahid Jaya Hotel, Indonesia



Leg



Pic to be
retouched at
film

Middle Eastern Leg of Chevon in Cumin & Coriander with Pilaf Rice & Yoghurt
A succulent roast flavoured with garlic, cumin and coriander, and served with a fragrant pilaf featuring almonds and raisins, topped with caramelised spiced onions and accompanied by yoghurt.



Mince

Chevon Crepinette with Spicy Tomato Sauce
Caul-wrapped parcels of spiced chevon & veal mince, served with a fresh tomato sauce spiked with balsamic vinegar.





Diced Forequarter



Chevon, Tomato and Olive Pies served with Roast Garlic Skordalia
Pie and mash with a twist! Delicious Mediterranean pies combine the richness of braised chevon with the sharpness of tomatoes and olives. Served with the classic Greek garlic and potato dish, skordalia.



Cutlets

Marinated Chevon Cutlets with Coconut, Coriander & Mint Sambal

Tender chevon cutlets, marinated in lime juice, oil, paprika and mint, quickly pan-fried and served with a rich and tangy sambal featuring coriander, mint, garlic, cumin, green chillies, lemon juice and coconut cream.



Diced Forequarter



Chevon Rendang

The classic South-East Asian curry, combining slow-cooked chevon with aromatic spices.



Tenderloin

Thai-Spiced Chevon & Noodle Soup

A creamy soup flavoured with curry and coconut, featuring slices of chevon tenderloin, egg noodles, bamboo shoots and straw mushrooms, and garnished with coriander, fried noodles and spring onions.





Rump



Moroccan Chevon Kebabs with Leek & Lemon Zest & Mint Couscous
Tasty chevon kebabs flavoured with harissa and coriander, skewered with capsicum and char-grilled. Served with couscous featuring sauteed leeks, lemon zest and mint couscous.



Diced Forequarter

Citrus-Spiced Chevon with Zucchini & Herb Risotto

Delicious braised chevon, fragrant with cinnamon, allspice and orange, served with a classic creamy risotto with zucchini, garlic, parsley, basil and of course, parmigiano.



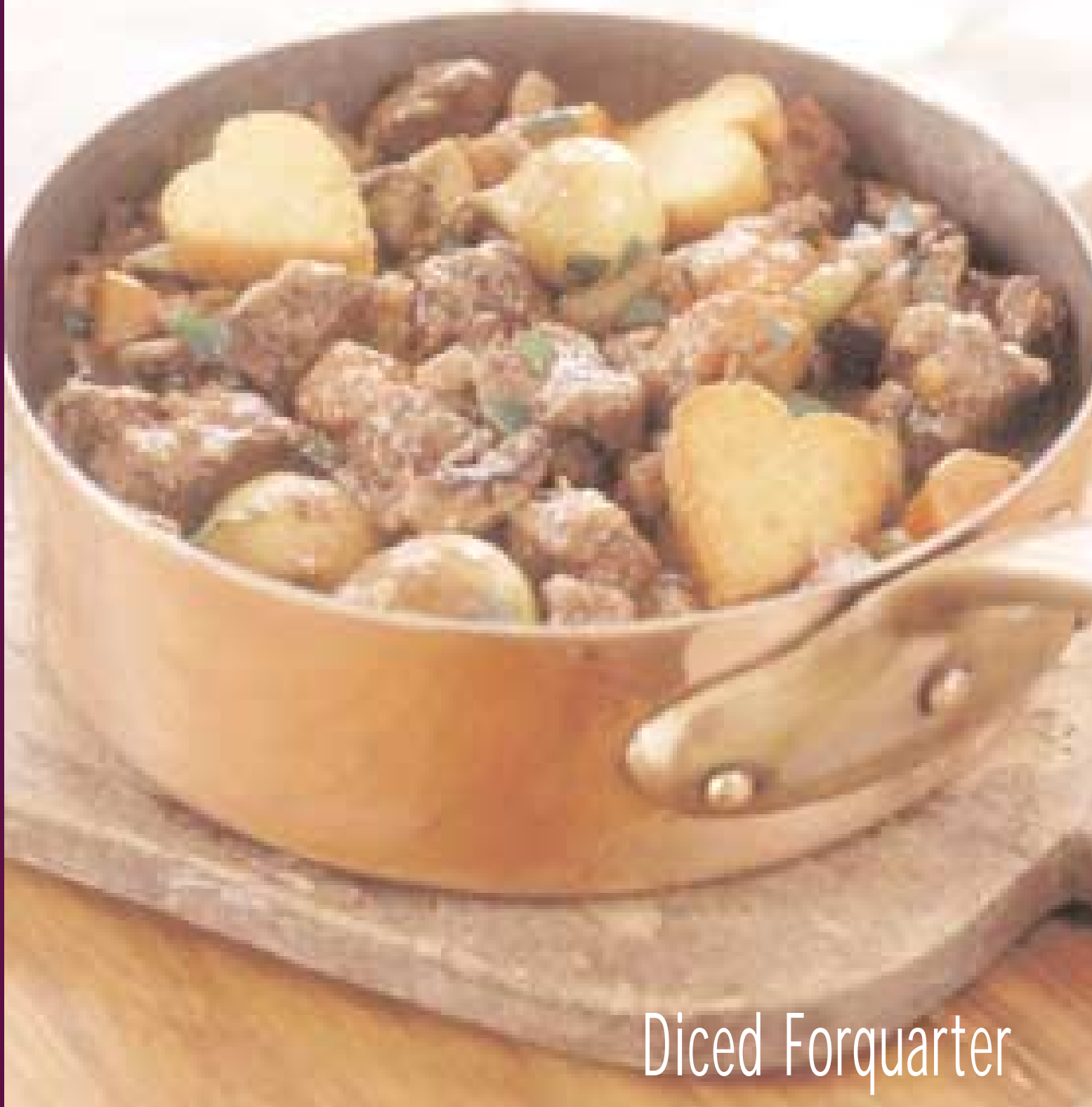


Mince



Middle Eastern Chevon Pastries

Pastries with a mouthwatering filling of minced chevon, pine nuts, and aromatic spices. Best served with yoghurt.



Diced Forquarter

Mediterranean Casserole of Chevon

A hearty, succulent braised dish featuring carrots, celery, mushrooms and pickling onions, flavoured with thyme, cognac and red wine and served with croutons. Celeriac mash is a great accompaniment!



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

Ingredients

1kg leg of chevon
12 cloves garlic
2 tbspn olive oil
2 tbspn cumin
1 tbspn coriander
200g long grain rice
100g vermicelli
100g butter
60g whole almonds
60g raisins
2 cups veal stock
1 tspn salt

3 onions sliced
½ tspn cinnamon
2 tbspn 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 1hour 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

Chevon Crepinette with Spicy Tomato Sauce

Ingredients

400g minced chevon
300g minced veal
75g pancetta, diced
1 cup fresh breadcrumbs
4 tbspn chopped dill
1 egg, beaten
1 onion, finely chopped
½ tspn salt
¼ tspn pepper
½ tspn cayenne pepper
caul fat
2 tbspn 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 tbspn olive oil
50ml balsamic vinegar
½ tspn 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

Chevon, Tomato and Olive Pies served with Roast Garlic Skordalia

Ingredients

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

Method

Roll the meat in flour and sear in 1 tbspn 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

Marinated Chevon Cutlets with Coconut, Coriander & Mint Sambal

Ingredients

6 chevon cutlets (from the rack)

Marinade

Juice of 3 limes
½ tspn paprika
3 tbspn olive oil
3 tbspn chopped mint
2 tbspn 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
½ tspn ground cumin
1 tspn sugar
1 tspn salt

3 tbspn 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

Chevon Rendang

Ingredients

1.2kg chevon forequarter, diced
2 onions, sliced
2 tbspn 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 tspn coriander seeds
3 tspn cumin seeds

3 cloves garlic
4 tbspn 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 1½ 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

Thai-Spiced Chevon and Noodle Soup

Ingredients

400g chevon tenderloin, sliced across the grain
450g thin egg noodles
3 cloves garlic, finely chopped
2 tbspn red curry paste
½ tspn turmeric
2 x 425ml cans of coconut milk
3 cups stock
3 tbspn fish sauce
1 tspn palm sugar
½ cup sliced bamboo shoots

½ cup canned straw mushrooms
Juice of 1 lemon
2 tbspn fried shallot flakes
4 spring onions sliced
½ 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 tbspn 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

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 tbspn harissa
1 tspn 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 tbspn unsalted butter
1 tbspn olive oil
1 tspn salt
2 leeks sliced thinly
Grated rind of 1 lemon
2 tbspn shredded mint

Method

Sauté leeks in olive oil and 2

tbspn 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

Citrus Spiced Chevon with Zucchini & Herb Risotto

Ingredients

1kg chevon forequarter, diced
1 tspn ground cinnamon
¼ tspn ground allspice
½ tspn crushed peppercorns
1 tspn salt
Grated zest of 2 oranges
Juice of 1 orange
4 tbspn 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 180°C, 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 tbspn olive oil
1 garlic clove, minced
1¼ litres stock
40g butter
1 tbspn parsley, chopped
1 tbspn basil, chopped
3 tbspn parmigiano, grated
Salt and pepper

Method

Bring the stock to the boil and maintain at a simmer. Sauté the onion in 3 tbspn 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

Middle Eastern Chevon Pastries

Ingredients

Dough -
1 tbspn active dry yeast
180ml warm water
390g (2½ cups) Plain flour
1½ tspn salt
1 tbspn olive oil
Filling -
2 tbspn olive oil
1 onion, finely chopped
500g minced chevon

50g toasted pine nuts
½ tspn cinnamon
¼ tspn allspice
1 tspn salt
½ tspn pepper
¼ 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 1½ 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 tbspn olive oil
1 onion, roughly chopped
4 cloves of garlic
2 carrots, chopped
4 sticks celery, chopped
250gm mushrooms, chopped
2 tbspn butter

12 pickling onions, peeled
4 sprigs fresh thyme
250ml shiraz
2 tbspn cognac
2 tbspn 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 tbspn 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