

# Norman's AROMATIC GOAT CURRY



## #goatober

## Aromatic Goat Curry

To celebrate the #goatober campaign, I created this beautiful curry for you to try at home. The campaign, initiated by Erin Fairbanks and Anne Saxelby in 2011 to encourage people to cook up the goat meat and stop the euthanising young male goats that the dairy industry had no use for. Started in the USA, the campaign has now taken up globally and many more people especially the restaurants are introducing goat dishes in October to mark the campaign. Like many of you, previously I was not too keen on the goat meat due to its strong odour but you can reduce it by adding 3 tablespoons of corn flour and 2 tablespoons of vegetable oil to a kilogram of goat meat, marinate for 30 minutes then wash it with cold water. Also by cooking with some spices like I have included in my recipe here helps to reduce the smell.

Serves 4

### Ingredients

8 tablespoons vegetable oil  
5cm cinnamon stick  
4 cloves  
4 green cardamoms  
1 star anise  
1 lemongrass, use the leftover tip  
2 stalks of curry leaves, leaves picked, or 3 bay leaves  
3 tomatoes, seeded and cut into thin strips  
1 teaspoon salt  
½ teaspoon light brown or palm sugar  
200ml coconut milk

### For the garnish

1 red chilli, seeded and julienned  
1 spring onion, julienned  
2 stalks of fresh coriander, leaves picked

### For the paste

150g banana shallots  
3 garlic cloves  
20g ginger  
1 lemongrass, use bottom half only  
10 dried chillies, soaked in boiling water for 10 minutes to soften  
5cm fresh turmeric  
3 candlenuts, or macadamia nuts

### For the spice mix

2 tablespoons coriander seeds  
1 teaspoon black peppercorns  
1 teaspoon cumin seeds  
1 teaspoon fennel seeds  
½ teaspoon ground nutmeg  
½ teaspoon brown or black mustard seeds

### Method

1. Dry-toast the spice mix in a frying pan on a low heat for 1 minute, then transfer to a spice grinder and grind until fine.
2. Using a food processor or a hand blender, blitz together the paste ingredients with 4 tablespoons of water until smooth. Transfer to a bowl and mix well with the ground spice mix.
3. Heat the oil in a saucepan over a medium heat and sauté the cinnamon, cloves, cardamoms, star anise, lemongrass and curry leaves for 1 minute to infuse the oil.
4. Add the paste and spice mix and sauté for 2 minutes until the oil separates. Add the tomato and cook for 2 minutes until wilted.
5. Next add the salt, sugar and goat and cook for 2 minutes to seal.
6. Add 200ml of water and bring to the boil then reduce the heat to low and simmer for 30 minutes, stirring once or twice, until the goat is tender. If not, cook for another 10-15 minutes and add more water if too dry.
7. Finally add the coconut milk and cook for another 5 minutes, then turn the heat off. Garnish with chilli, spring onion and coriander and ready to serve with rice.

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