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Cabrito Recipes

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South Texas Cabrito Recipes

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Spanish goats have browsed Texas range-lands since Spanish settlements were established in the early 1700s.

They were first brought to Mexico with the colonizers over 200 years earlier. Goats were also brought to the eastern seaboard colonies by the mid-1600s. These meat-type goats are referred to as Spanish goats in the Southwestern United States, criollos in Mexico, and wood or brush goats in the Southeastern United States. Goat meat, milk and tallow were staples on early Texas ranches, and many ranches presently raise Spanish goats for these reasons. There are an estimated 330,000 Spanish goats worth \$3,800,000 in Texas today.

Goat meat cookery has a long but imperfectly documented history. Today goat is the meat of choice in some countries – it is utilized in many dishes of Spanish, Middle East or Greek origin. In others it is considered equal to mutton or beef. In the United States, goat meat consumption is very low (.25 lb/capita), even when compared to the low annual per capita consumption (1.5 lb/capita) of lamb and mutton. Americans of certain ethnic origins do enjoy eating goat meat and demonstrate a willingness to pay relatively high prices for the privilege. The Southwest, with a large Hispanic population, is where much of the goat meat in the United States is consumed.

Goat meat comprises a significant portion of the diet of Hispanics in many South Texas counties. Certain festivals (fiestas) such as Cinco de Mayo (commemorating Mexico's victory over French forces at Puebla in 1862), Dieciséis de Septiembre (Mexico's Independence Day), and Easter are special days where goat meat may be included as a special menu item. Other note-

worthy days are baptisms, weddings and "pachangas" (celebrations for whatever reason) when goat meat is the main course.

History

Cabrito is meat from very young, milk fed goats between 4 and 8 weeks of age. The meat is tender, juicy, and very lean and tasty at this age. All parts of a cabrito are utilized, including the innards or organ meats. Today's cabrito is prepared in many ways following diverse recipes with many different added ingredients. However, the authentic cooking practices are baked or barbecued (asado) or stewed (guisado) with traditional cumin (comino), garlic (ajo), and chile pepper spices.

Traditional Mexican methods of cooking meat are often designed for a cut of meat from an animal that has matured or has done a bit of walking around. In many cases, market goats today are older and larger than true cabritos. Chivón may be a goat from 48 to 60 pounds and 6 to 9 months of age with almost the entire animal being expected to serve the table.

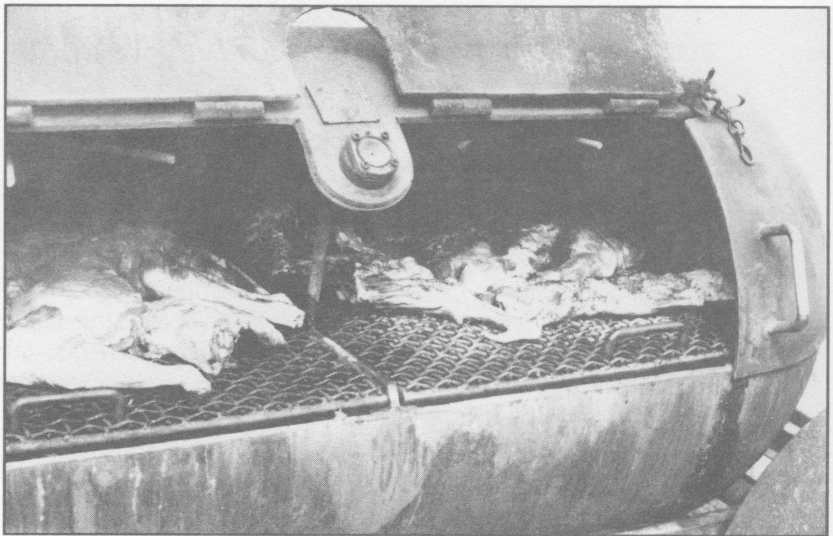
Traditionally, on the day of the pachanga, several cabritos are slaughtered in the very early morn-

ing hours. All parts are saved and meat is cut up according to method of preparation – large pieces for asado, small bite-size pieces for guisado. Of course, there are many other dishes and goat meat is prepared in many different ways with each family adding their own ingredients to a recipe. Women are often the cooks but men also have their own style and prepare some delicious dishes.

Meat Palatability and Caloric Value

Panel taste tests rate cabrito and young chivón Spanish goats as being much more acceptable in overall satisfaction than slightly more mature pork, lamb and beef carcasses. "Satisfaction" is a combined impression of flavor, juiciness and tenderness. Older goats are generally tougher and less palatable. Taste tests also indicate that goat meat is unique and is not interchangeable with meat from other species.

A goat carcass contains bone, muscle and fat. Goat muscle meat is the equivalent in caloric value to chicken and has 94 fewer calories than beef per serving (Table 1). This is desirable for persons with a need to reduce their caloric in-



Cabrito should be cooked under low heat for best results.

Table 1. Comparison of nutrient analysis of an 85 G (3 oz.) cooked portion of carcass composite meat from goat, beef and chicken

Trait	Goat	Beef	Chicken
Moisture, g	48.7	39.9	50.5
Fat, g	12.3	22.9	11.6
Protein, g	22.0	21.2	23.2
Ash, g	1.06	.85	.78
Crude fiber, g	1.03	0	0
Carbohydrate, g	1.2	0	0
Calories	203	297	203
Percentage from fat	54.5	69.4	51.4
Cholesterol, mg	94	78	75

From Eastridge and Johnson, 1991, Proceedings, International Goat Production Symposium, Florida A&M University, Tallahassee, FL.

take. Overall, goat meat is similar in most nutrients to other species, but the cholesterol content of goat meat is slightly higher than beef or chicken.

Meat Care and Preparation

A cabrito is usually selected, slaughtered and prepared the same day. Retail markets usually sell chivón (older goats). These are sold as entire carcasses, halves, quarters or smaller cuts as consumers specify. Since there is no standardized procedure for cutting a goat carcass, many butchers follow the traditional procedure for cutting up lamb carcasses.

Fresh meat should be removed from the market wrapping paper and re-wrapped, unless the meat is to be used the same day it is purchased. Fresh meat should be frozen if it is to be kept for three days or more. Wrap in freezer paper, freeze and store at 0°F or lower.

Fresh goat meat should be placed in the coldest part of a refrigerator or in the meat compartment. The frozen food storage or ice cube section of most household refrigerators is not designed for rapid freezing and will not substitute for a home freezer when the meat is to be frozen and stored for longer

than one week. Goat meat which has been properly wrapped and promptly frozen a 0°F or lower can be kept for 6 to 9 months. Cooked goat meat should also be chilled rapidly, covered and stored in the coldest part of the refrigerator.

Goat Meat Cookery

Cabrito will lose moisture and can toughen quickly due to low fat content if it is exposed to high, dry cooking temperatures. Therefore,

two basic rules are: 1) cook it slowly (low temperature) and 2) cook it with moisture.

Tenderness of a meat cut determines the method or methods of cooking. Tender cuts of meat are usually best when cooked by a dry heat method such as roasting, broiling or frying. Less tender cuts are tenderized by cooking with moist heat such as braising and stewing.

Tender cuts of goat meat are the legs, ribs, portions of the shoulder cut, the loin roast and the breast. Less tender cuts of goat are stew-meat, riblets and shanks. In general, it is advisable to cook the meat slowly. Cooking any meat at low temperatures results in a more tender and flavorful product with more juice.



Goat meat has long been a delicacy on South Texas ranches.

Recipes for Cabrito and Chivón

Recipes for cooking cabrito and chivón are varied. Remember, cabrito has a distinct flavor (and aroma). If prepared with patience and adequate moisture, you and your family will enjoy a fine feast.

Cabrito Guisado – (Kid Goat Stew)

There are many variations on the basic recipe for goat stew. The following are representative samples from South Texas families.

Cabrito Guisado #1

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| <i>4 pounds kid goat meat, cubed</i> | <i>1 8-ounce can tomato sauce</i> |
| <i>1 tablespoon vegetable oil</i> | <i>2 tablespoons flour</i> |
| <i>2 teaspoons salt</i> | <i>1/2 cup water</i> |
| <i>4 teaspoons mixed spices (peppercorns and cumin)</i> | |
| <i>3 garlic cloves</i> | |

Cut meat in cubes and brown in oil; add salt. Grind spices and garlic and add a small amount of water. Add spices, tomato sauce, and enough water to cover meat. Simmer for 30 - 40 minutes. Blend flour and 1/2 cup water. Stir into meat to make gravy. A traditional blood pudding, Sangrita, is also prepared by following this recipe. Simply omit the tomato sauce and 1/2 cup water and substitute 1 cup kid goat blood. Mix with the flour and simmer 10 minutes. Serve with flour or corn tortillas. Serves 8-10.

Cabrito Guisado #2

- | | |
|-------------------------------------|---------------------------------------|
| <i>8 to 10 pounds cabrito</i> | <i>2 or 3 teaspoons garlic powder</i> |
| <i>5 small tomatoes, cut up</i> | <i>1 teaspoon cumin (comino)</i> |
| <i>2 green bell peppers, cut up</i> | <i>1 8-ounce can tomato sauce</i> |
| <i>1 onion, cut up</i> | <i>salt and pepper to taste</i> |
| <i>2 teaspoons oregano</i> | |

Cut meat in cubes or chunks, place in roaster along with cut up vegetables, seasonings and tomato sauce. Simmer for 50 minutes. Add salt and pepper to taste. Yields 15-20 servings.

Cabrito Guisado #3

- | | |
|--|---|
| <i>8 pounds cabrito</i> | <i>1 whole green bell pepper, sliced</i> |
| <i>1/4 cup vegetable oil (to brown meat)</i> | <i>1 large onion, sliced in rings and separated</i> |
| <i>3 tablespoons salt</i> | <i>10 medium to large garlic cloves (use garlic press or "molcajete")</i> |
| <i>3/4 cup vegetable oil (to brown flour)</i> | <i>2 teaspoons ground cumin (comino)</i> |
| <i>3/4 cup flour</i> | <i>1 1/2 teaspoons ground pepper</i> |
| <i>8 cups cold tap water (1 cup at a time)</i> | <i>1 teaspoon dried oregano</i> |
| <i>3 large tomatoes, peeled and diced</i> | |

Cut meat into 1/2" to 1" cubes. In a large Dutch oven heat 1/4 cup oil at medium high heat. Place meat and salt in heated oil and cook for about 60 minutes, stirring occasionally. Remove from heat and set aside. In a large skillet heat 3/4 cup oil, add flour and brown well. Turn off heat and add water (1 cup at a time) to make gravy. Add vegetables and spices to meat and mix well. Simmer 25 to 35 minutes at medium heat till meat and vegetables are tender. Serves 10 to 12.

Cabrito Guisado #4

*2 pounds cabrito
1 tablespoon shortening (if needed)
1/2 medium onion, chopped
1 medium green bell pepper, chopped
1 large tomato, chopped*

*1/4 teaspoon whole black pepper
1/4 teaspoon whole cumin seed (comino)
1 or 2 cloves of garlic
1 tablespoon flour, dissolved in 1 cup water
salt and pepper to taste*

Cut cabrito in small pieces; brown in heated shortening. Cover pan and cook slowly for about 20 minutes. Chop onion, bell pepper and tomato; add to meat and cover. Grind black pepper, cumin and garlic and add enough water to prevent sticking. Cook for a few minutes but leave enough liquid to make a very light gravy. Dissolve a tablespoon of flour in a cup of water; add to meat and cook for 2 minutes. Salt and pepper to taste. Serves 4-6.

Cabrito Guisado #5

*10 pounds goat meat (leg, ribs, soup bone)
5 pounds potatoes
4 pounds carrots
2 large onions
2 large green bell peppers*

*2 celery stalks
2 garlic cloves
4 cans stewed tomatoes (14.5 ounces each)
2 cups barley
1 gallon water
salt and pepper to taste*

Cut up meat and vegetables in bite-size pieces. Add all ingredients to water and bring to a boil. Lower heat when stew comes to a boil and simmer for 90 minutes. Salt and pepper to taste. Yields 30 servings.

Cabrito en Sangre – (Goat in Blood Stew)

Cabrito en Sangre #1

*4 1/2 pounds cabrito
3 teaspoons vegetable oil
1 cup water
3 cloves garlic (pressed)
3/4 teaspoon cumin seed (pressed)
3/4 teaspoon whole (optional) black pepper (pressed)*

*1 cup chopped onions
1 cup diced green bell pepper
1/2 cup spiced canned tomatoes (diced)*

Sangre Mix

1 cup goat blood (sangre)

2 to 3 teaspoons salt

Cut cabrito into bite-size pieces; brown meat in 3 teaspoons of oil. Add half of the spices and all the onion and green pepper to the water and simmer until meat is tender. Add flour and stir well. Add the remaining spices, spiced tomatoes, and sangre mix. Stir to ensure desired color and consistency. Cook until done (15 to 20 minutes). Remove from heat and let stand about 20 minutes.

Cabrito en Sangre #2

8 to 10 pounds cabrito
tripe, heart and kidneys of one cabrito
3 tablespoons vegetable oil
1 large onion, diced
2 tablespoons flour

3 cups water
3 teaspoons mixed spices (peppercorns
and cumin)
3 garlic cloves
2 teaspoons salt
1 cup sangre mix

Sangre Mix

1 cup goat blood (sangre)
2-3 teaspoons salt added to blood and mixed

Cut cabrito into bite-size pieces; set aside. Boil tripe, heart and kidneys with enough water to cover all organs. Heat 2 tablespoons oil in a deep skillet. Add cabrito pieces and fry until crisp, using low heat. Add diced onions and sauté. In a small saucepan, combine remaining 1 tablespoon oil with flour and brown, stirring constantly. Add water, spices, garlic and salt to cabrito pieces; simmer about 10 minutes. Add drained tripe, heart and kidney to skillet and mix well. Slowly add browned flour mix. Finally add sangre mix, stirring when adding, and making sure all meat is well coated. Lower heat and simmer for 30-35 minutes, stirring occasionally. Makes 25-30 servings.

Goat Masala

(This recipe is from Gaborone, South Africa)

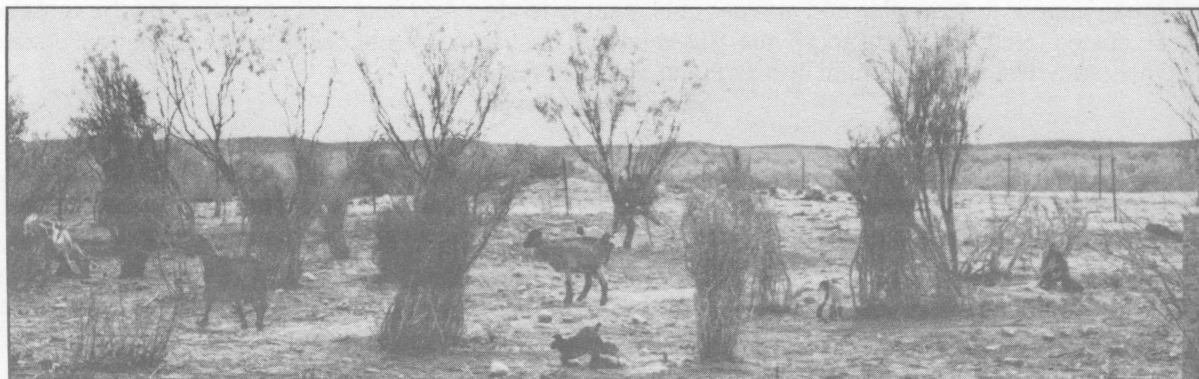
Goat Masala

1 leg (haunch of goat)
1 quart water
2 cups red or white wine or vinegar
8 large onions, sliced
2 teaspoons salt
2 #303 cans stewed tomatoes
2 #303 cans green peas

1 to 2 cups fresh mushrooms, sliced or whole
3 tablespoons masala curry or your favorite
curry blend
1 green bell pepper, diced

Cut goat meat into strips and boil with the bones for 1 hour in 1 quart of water mixed with wine or vinegar. If the goat has been hung for 3 days or so, drain off liquid and flush with fresh water after cooking. At this stage, peel meat from the bone and continue cooking, adding 2 teaspoons salt, sliced onions, tomatoes, liquid from peas, mushrooms and curry. Cook 3 more hours to reduce liquid. Add peas, mushrooms and diced green pepper. Simmer for another half hour.

(From Society for Range Management Cowboy Cookbook)



Asado – (Barbecue and Roasts)

Asado (Barbecue/Baked)

8 to 12 pounds young goat

Barbecue Sauce

*2 cups water
1 8-ounce can tomato sauce
2 tablespoons butter
2 cloves garlic, minced
1 onion, minced
6 whole cloves*

*1 tablespoon ground black pepper
1 tablespoon sugar
2 tablespoons vinegar
1/2 teaspoon cumin (comino)
1/2 teaspoon oregano
3 carrots, diced
1/4 teaspoon salt*

Cut a very young goat (8 to 12 pounds) into serving pieces. Wash and dry the pieces. Place them in an open pan in a 350° oven. Cook for 20 minutes using a meat thermometer, making sure internal temperature reaches 160°. Prepare barbecue sauce. Simmer for 30 minutes. Baste cabrito with sauce every 15 to 20 minutes for 2 hours or until meat is very tender.

Southwest Leg of Goat

*1 leg of goat (5 to 7 pounds), boned
1 cup wine or vinegar
1 cup vegetable oil
2 cloves garlic, whole
1 bay leaf, crumbled
2 teaspoons salt*

*1 teaspoon rosemary
1 teaspoon sage
1/2 teaspoon crushed pepper
3 large potatoes, quartered
3 onions, quartered
3 large chiles or peppers, sliced
2 garlic cloves, skin removed*

Combine vinegar, oil, and seasonings and pour over goat meat. Cover and marinate in refrigerator 12 to 24 hours, turning often. Remove goat, strain marinade and reserve. Place potatoes, onions, chiles and garlic in shallow roasting pan and pour 1/4 cup marinade over vegetables. Place goat on roasting rack over vegetables. Pour 1/4 cup marinade over goat. Roast at 325°F for approximately 25 minutes per pound. Baste with 1/4 cup marinade every 20-30 minutes before carving. Serve with vegetables. Use drippings for gravy if desired.

Honey Grilled Shoulder of Cabrito

*1 shoulder of goat, boned, rolled, and tied
(3 1/2 to 4 pounds)
1/3 cup honey
1/2 cup dry white wine
1/2 cup finely chopped onions
1/2 cup finely chopped fresh mint or 1 tablespoon dried mint*

*2 tablespoons grated lemon peel
2 tablespoons lemon juice
1 teaspoon salt
1/4 teaspoon ground pepper*

Place goat meat in a glass dish. Combine remaining ingredients and pour over cabrito. Cover and refrigerate several hours or overnight. Place goat on pit over hot coals and grill 1 to 1 1/2 hours. Brush occasionally with marinade. Any leftover marinade may be heated and served over sliced goat. Makes 14-16 (3 oz.) servings.

Baked Cabrito

8 to 10 pounds cabrito (young goat), cut in 2 pieces
water to cover
1 tablespoon salt
1 tablespoon black pepper

3 cloves garlic, minced
1 cup basting sauce (recipe follows)

Basting Sauce (makes about 1 cup)

4 tablespoons unsalted butter
2 tablespoons vegetable oil
2 tablespoons fresh lemon juice
2 tablespoons soy sauce
1/4 cup minced onion

1 garlic clove, minced
1 tablespoon celery salt
1 tablespoon Italian Seasoning mix
1/2 teaspoon salt
1 teaspoon black pepper
1 teaspoon dried oregano

Heat the butter, oil, lemon juice and soy sauce until butter is melted. Add remaining ingredients and simmer for 15 minutes. Remove and reheat before using for basting.

Preheat the oven to 350°F. Place the cabrito pieces in a large pot(s), with just enough water to cover. Add the salt, pepper and garlic; cover, and simmer for 2 hours. Add water as needed to keep the meat covered. Skim off the residue from the water surface as it cooks. Remove the cabrito after 2 hours, drain, and place it in a large shallow baking pan. Bake for 30 minutes, turn, and bake another 30 minutes, basting often with the basting sauce. Drain off the drippings, set the oven on broil at 425°, and brown both sides. Baste often while it browns. Carve into serving pieces. Serves 6-8.

Barbecued Goat – Texas Style

20 pounds goat
1 cup salt
1 jalapeño, sliced

1 tablespoon black pepper
1 tablespoon cumin (comino)

Barbecue Sauce

2 cups sugar (to taste)
1 cup prepared mustard
1/2 cup apple cider vinegar

1 teaspoon salt
1 teaspoon black pepper

Mix salt, jalapeño, black pepper and cumin; sprinkle meat generously. Top with jalapeño slices. Cook slowly on grill 2 hours (or less, depending on cut of meat). Be sure meat is well above fire (at least 20 to 24 inches). Meat may be brushed with cooking oil occasionally to prevent dryness. Prepare sauce while meat cooks. At least 30 minutes before removing from fire, brush meat with sauce so it will "set." Continue cooking and turn the meat often, brushing on sauce at every turn.

(From Society for Range Management Cowboy Cookbook)

Chivón Netted Roast

2 1/2 to 3 pounds cabrito roast
salt and pepper to taste

One envelope onion and mushroom soup mix
3/4 cup water

Rinse cabrito roast under tap water. Pat dry. Salt and pepper on all sides. Place roast in large stew pot or small Dutch oven that has been sprayed with non-stick coating or oiled. Mix one packet of onion and mushroom soup mix with 3/4 cup of water; pour into pan with roast. Bring to a simmer, reduce heat, and cook approximately 2 hours. Turn roast once about halfway through cooking time. Slice roast and serve onion-mushroom mixture as gravy. Serves 6 - 8.

Use of Goat Meat in West Texas

By Linda B. Sullivan
County Extension Agent-Home Economics
Kleberg-Kenedy Counties

During the drought and depression of the 1930s and '40s in West Texas my husband, as a little boy, lived with his family on a ranch in Val Verde and Terrell counties. Goat meat and venison were staple meats in their diet and usually prepared by roasting (in the oven), barbecuing, or frying. Chicken-fried goat meat, cream gravy and biscuits were such common breakfast items that my husband said they got very tired of it. The meat was sliced from the shoulder or ham, about 1/4 inch thick. It was seasoned with salt and pepper, dipped in flour or even cornmeal, then fried crisp. Sounds good to me, but I probably would not like to have it every morning either!

The ribs of the goat were roasted separately from the ham and shoulders because of size difference. My mother-in-law taught me to season the ribs with salt, red pepper, butter and lemon juice and roast them at 350°F for about two hours. They should be covered if they become too brown. My sister-in-law used lemon juice, salt, pepper, Worcestershire sauce and Tabasco sauce as seasoning. Note that both recipes use lemon juice as this serves as a tenderizing agent for the meat.

By the time I married into the Sullivan family in the late '40s the family had lost the ranch due to the drought and depression. We did not often get goat meat since it was never sold in grocery stores in Sanderson where we lived and maybe still isn't! The only way we got goat meat was for someone to give it to us – preferably already butchered.

Cabrito Chops Jalapeño

4 goat shoulders, 1 inch thick, round bone or blade
1 teaspoon salt
1/2 teaspoon ground pepper
1/2 teaspoon ground cinnamon
1 8-ounce can crushed pineapple in its own juice

1/2 cup jalapeño jelly**
1/4 cup fresh lemon juice
1 tablespoon prepared mustard

Sprinkle the goat shoulders with a mixture of salt, pepper and cinnamon. Combine remaining ingredients in small saucepan. Bring to a boil, stirring until jelly is melted. Broil or grill chops 4 inches from source of heat, 8-10 minutes on each side. Spoon sauce on goat last 5 minutes of cooking time. Makes 4 servings.

** May substitute apricot jam if desired.

Hawaiian Goat Mini-Kabobs

1 pound boneless leg of goat, cut in 3/4-inch cubes
1 cup Italian dressing
1 clove garlic, minced
3 slices bacon, cut in 1-inch pieces

1 14-ounce can pineapple chunks,
each cut in half
1/4 cup melted butter

Combine cubed goat, dressing and garlic in a shallow glass dish and marinate for 1 hour or overnight in refrigerator. Alternate cubes of goat meat, bacon and pineapple on mini-skewers or round toothpicks. Brush with melted butter. Broil 5-8 inches from source of heat for 5 minutes. Serve hot. Makes 60-70 appetizers.

Cabrito Con Fideo

1 1/2 pounds cabrito, cubed
2 tablespoons vegetable oil
1 small onion, diced
1 green bell pepper, diced
1 tablespoon cumin (comino) seed

1/2 tablespoon whole black pepper
3 small cloves garlic
1 box or 5 to 6 ounces fideo (vermicelli)
2 fresh tomatoes, diced

Cut cabrito into bite-sized cubes and brown in skillet (an aged cast iron skillet if possible) with two tablespoons of oil until well done (approximately 20 to 30 minutes). Combine onion and bell pepper and set aside.

In blender, grind comino seed, black pepper and garlic cloves until pulverized. Combine spices with cabrito and vegetables and mix well. Add fideo (vermicelli) and enough water to cover entire mixture and then add 2 tomatoes (diced). Cover and bring to slow simmer. Cook approximately 15 minutes or until fideo is tender. Do not stir until ready to serve. Like all good South Texas recipes, ingredients should be increased or decreased to suit individual tastes. Hot homemade tortillas will add to your enjoyment of this recipe. Yields 8 servings.

Goat Teriyaki

2 pounds boneless goat meat, 1/4 inch thick
1/4 cup sherry wine
1/3 cup soy sauce
1/3 cup canned chicken broth

1 tablespoon sugar
2 teaspoons cornstarch
1 tablespoon cold water

Trim excess fat from meat and cut into 12 pieces; pound meat slightly with meat mallet. To make teriyaki sauce, blend together sherry, soy sauce and broth. Reserve 1/4 cup of the sauce. Marinate meat in teriyaki sauce about 1 hour. To make teriyaki glaze, combine the reserved 1/4 cup sauce and sugar in a 1 quart saucepan. Heat but do not boil. Dissolve cornstarch in water; stir into hot sauce. Cook over medium heat until thick. Skewer meat onto bamboo skewers, 4 to 5 pieces of meat on each skewer, and cook over high heat on barbecue pit or hibachi. Grill for 5 minutes on each side. Dip into teriyaki glaze after cooking and serve with rice and mixed vegetable salad. Yields 6 servings.

Goat Meat Chili

2 tablespoons vegetable oil
2 cups chopped onions
1 tablespoon ground oregano
2 tablespoons ground cumin
1 teaspoon garlic powder

1 tablespoon salt
3 pounds lean ground goat meat
1/2 cup plus 2 tablespoons chili powder
1/2 cup flour
8 cups boiling water

In heavy pot, sauté onions in cooking oil. Add oregano, cumin, garlic powder and salt. Stir and sauté until onions are almost clear. Add ground meat; cook and stir until crumbly and almost gray. Add chili powder and then the flour stirring vigorously until thoroughly blended. Add boiling water, bring mixture to a boil, and simmer for less than 1 hour. Seasonings, including cayenne pepper, may be adjusted to individual taste at this time. This recipe makes approximately 14 cups (8 ounces each) of chili. Do not add pinto beans to this chili. Serve the beans as a side dish.

Goat with Mexican Rice (Arroz con Carne)

Prepare 1 cup of uncooked rice according to package directions. While the rice cooks, prepare the following ingredients:

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| <i>1 medium onion, peeled and chopped</i> | <i>1 heaping tablespoon chili powder</i> |
| <i>1 medium green bell pepper, seeded and chopped</i> | <i>1/2 teaspoon salt</i> |
| <i>1 tablespoon oil</i> | <i>1/4 teaspoon oregano</i> |
| <i>1 pound lean ground goat meat</i> | <i>1/2 teaspoon cumin (powdered or seed)</i> |
| | <i>1 8-ounce can tomato sauce</i> |

Sauté onion and bell pepper in 1 tablespoon oil; then add ground meat and cook until nearly done, stirring and breaking up with a wooden spoon. Add spices, mix well, and then add tomato sauce, stirring vigorously. Add drained, cooked rice, mix well and let stand for 15 minutes before serving. Yields 6 servings.

Enchilada Casserole

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| <i>1 large onion, chopped</i> | <i>1 can cream of mushroom soup</i> |
| <i>2 tablespoons oil</i> | <i>1 can hot enchilada sauce</i> |
| <i>2 pounds lean ground goat meat</i> | <i>12 corn tortillas (approximately 5-6" diameter)</i> |
| <i>1 4-ounce can green chiles, chopped (or)</i> | <i>1/2 pound mild cheddar cheese, grated</i> |
| <i>3 large chiles, seeded and chopped</i> | |
| <i>1 can cream of chicken soup</i> | |

Sauté onions in 2 tablespoons oil in large skillet. Add meat and brown for a few minutes, breaking up with a spoon. Add chiles, soups and enchilada sauce, mixing well; cook until thoroughly heated. Cut each tortilla in 8 pieces and arrange half in a layer in the bottom of a 13x9x2 inch baking dish. Cover with a layer of meat mixture. Sprinkle half of the grated cheese on top of the meat. Repeat with the second layer. Bake at 350° for 35 to 45 minutes to yield 8 hearty servings.

Stir-Fry Chivón with Green Onions

- 2/3 pound chivón (loin or leg), cut into thin slices*
2 tablespoons sesame or safflower oil
12 green onions, cut in 1-inch lengths

Marinade #1

- 1/2 teaspoon garlic powder*
2 tablespoons soy sauce
1/2 tablespoon sugar
2 tablespoons rice wine
2 tablespoons cornstarch

Marinade #2

- 3 tablespoons soy sauce*
1/2 teaspoon sugar
1/2 teaspoon black pepper
4 tablespoons water

Cut meat into uniform 1/8-inch slices, 1-1/2 to 2 inches long. Place meat in a sealable plastic bag or bowl with leakproof lid. Add marinade #1 and shake to coat thoroughly. Refrigerate at least 1 hour, shaking at least once.

When ready to cook, stir-fry meat in 2 tablespoons sesame or safflower oil, stirring often until done. Add marinade #2 and green onions. Continue to stir-fry until thoroughly hot; serve over warm rice. Yields 5 servings.

Curried Cabrito

1 pound chevon

salt to taste

3 ounces butter

2 tablespoons minced onion

2 tablespoons finely cut celery

2 tablespoons diced apples

1 tablespoon flour

1 tablespoon curry powder

2 ripe tomatoes, stewed and strained

1 1/2 cups water

Cut meat into 1-inch squares; salt meat and sauté in butter. Add onion, celery and apples; sauté thoroughly. Sprinkle mixture with flour and curry powder and cook until flour colors. Add strained tomatoes and water, cover saucepan and let cook slowly until done. Serve with steamed rice. Yields 5 servings.

Veggie Cabrito Rolls

4 boneless cabrito legs (about 5 ounces each)

1 medium carrot, coarsely chopped

1 celery stalk, coarsely chopped

1 medium zucchini, coarsely chopped

2 teaspoons prepared horseradish sauce

1 large dill pickle, quartered lengthwise

2 cups vegetable juice cocktail

In covered saucepan place vegetable steamer over simmering water. Steam carrot and celery for 5 minutes. Add zucchini and continue to steam for 5 to 7 minutes, or until crisp and tender, and drain. Place each slice of goat between two pieces of waxed paper. With meat mallet, pound goat until about 1/4 inch thick. Spread 1/2 teaspoon prepared horseradish sauce on each goat slice. Divide pickle, carrot, celery and zucchini for each slice. Roll each goat slice from short end and secure with wooden pick. Place goat rolls in 8x8-inch glass baking dish. Pour vegetable juice over rolls. Cover with foil and bake at 325° 50 to 60 minutes, or until goat is tender. Skim off sauce and serve. Makes 4 servings.

Zucchini Cabrito Boats

4 large zucchini (2 1/2 - 3 pounds)

2 cups cooked diced lean cabrito (16 ounces)

2 medium tomatoes, diced

2 tablespoons dry white wine

1 teaspoon Dijon-style mustard

4 melba toast rounds, crushed to fine crumbs

Place vegetable steamer over simmering water in saucepan. Cover and steam zucchini 10 to 12 minutes or until crisp-tender. Meanwhile, in medium fry pan, combine goat, tomatoes, wine, and mustard. Cook over medium heat 5 to 6 minutes or until thoroughly heated. Stir occasionally. Cut off top third of each zucchini, chop coarsely and stir into goat mixture. Scoop out zucchini and discard centers. Spoon 1/4 of meat mixture into each zucchini shell. Sprinkle crumbs over cabrito. Makes 4 servings.

Tortilla Spicy Cabrito

2 cups cooked julienned cabrito
6 small tomatoes, finely chopped, divided
3 tablespoons white vinegar
1/2 to 1 jalapeño pepper, seeded and diced
1 tablespoon finely chopped onion
1 tablespoon finely snipped fresh cilantro or parsley
1/8 teaspoon garlic powder
1/2 teaspoon dried oregano leaves
1/2 teaspoon crushed red pepper

1/2 teaspoon ground cumin
1/2 teaspoon dried coriander
8 small flour tortillas
1 medium avocado, sliced
1/2 cup shredded low sodium Muenster cheese (2 ounces)
3/4 cup shredded lettuce
1/4 cup dairy sour cream

Combine 1 cup tomatoes, vinegar, jalapeño pepper, onion, cilantro and garlic powder in small saucepan to make salsa. Cook over medium heat for 5 minutes and chill. In large frypan, combine cabrito, remaining tomatoes, oregano, red pepper, cumin and coriander. Cook over medium heat 8 to 10 minutes or until cabrito is thoroughly heated. Divide cabrito and tomato mixture among tortillas. Top each tortilla with avocado, cheese and lettuce. Roll up tortillas and serve with sour cream and chilled salsa. Makes 4 servings.

Tomato Stuffed with Cabrito

2 cups diced cooked lean cabrito (16 ounces)
4 medium tomatoes
1 cup sliced radishes
6 tablespoons dairy sour cream
2 tablespoons mayonnaise

1 tablespoon snipped fresh parsley
1 1/2 teaspoons curry powder
1 teaspoon lemon juice
1/8 teaspoon ground black pepper
2 medium avocados, peeled and sliced

Cut tomatoes into eighths, (cutting to within 1/8 inch of bottom). Combine goat, radishes, sour cream, mayonnaise, parsley, curry powder, lemon juice and pepper. Spoon 1/4 of goat mixture in center of each tomato. Garnish with avocado slices. Makes 4 servings.

Cabrito Riblets in Barbecue Sauce

4 pounds goat riblets
8-ounce can pineapple chunks
1 lemon, unpeeled, thinly sliced
3/4 cup chili sauce
1/3 cup chopped onion

2 tablespoons brown sugar
2 tablespoons vinegar
2 tablespoons Worcestershire sauce
1 teaspoon salt
1/4 teaspoon ginger
1/8 teaspoon crushed red pepper

Brown riblets on all sides in a large frypan. Drain pineapple chunks, set aside. Add pineapple chunks and lemon slices to riblets. Combine remaining ingredients with reserved pineapple liquid and pour over riblets. Cover and simmer 1 1/2 hours or until tender. Skim off melted fat before serving. Yields 6 servings.

Cabrito and Vegetable Casserole

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| <i>1 10 ounce-package frozen lima beans</i> | <i>1/3 cup vegetable liquid</i> |
| <i>1 1/2 cups thinly sliced carrots</i> | <i>1 1/2 teaspoons salt</i> |
| <i>1 cup boiling water</i> | <i>1/4 teaspoon thyme</i> |
| <i>1 1/2 pounds ground goat meat</i> | <i>6 tomato slices, 3/4 inch thick</i> |
| <i>2 tablespoons chopped onion</i> | <i>1/2 teaspoon salt</i> |
| <i>1 tablespoon fat or vegetable oil</i> | <i>2 tablespoons grated Parmesan cheese</i> |
| <i>1 10 1/2-ounce can cream of mushroom soup</i> | |

Add lima beans and carrots to boiling water. Cook covered until tender, about 15 to 20 minutes. Drain and save cooking liquid. Preheat oven to 350° (moderate). Cook ground cabrito and onion in fat until cabrito is lightly browned and onion is transparent. Pour off drippings. Add soup, vegetable liquid, vegetables, salt and thyme. Mix well and pour into a 2-quart casserole. Arrange tomato slices on top of mixture. Sprinkle with salt and cheese. Bake 35 to 40 minutes. Yields 7 servings.

Cabritoburger in a Blanket with Hot and Sweet Mustard Sauce

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| <i>1 package (17-1/4 ounce) frozen puff pastry</i> | <i>1/3 cup minced onion</i> |
| <i>1/2 cup fresh bread crumbs</i> | <i>1 tablespoon Worcestershire sauce</i> |
| <i>1/2 cup skim milk</i> | <i>1 teaspoon salt</i> |
| <i>1 egg</i> | <i>1/4 teaspoon allspice</i> |
| <i>2 pounds ground goat meat</i> | <i>Hot and Sweet Mustard Sauce</i> |

Allow frozen puff pastry (can be found in bread freezer section) to set at room temperature 20 minutes. In small bowl, soak bread crumbs in milk until liquid is absorbed. In large mixing bowl, beat egg. Add ground goat meat, soaked bread crumbs, onions, Worcestershire sauce, salt, and allspice. Divide goat into 8 portions. Cut each sheet of thawed pastry into 4 equal pieces to make 8 sections. On floured surface, roll out each to about a 6-inch square. Spoon 1 teaspoon hot and sweet mustard sauce in center of each. Place a portion of goat mixture on each pastry square. Fold two sides of pastry to center over goat and pinch together. Fold opposite sides to center. Press down gently on patties to make them 3 1/2 inches round. Place seam side down on jelly roll pan. Tuck under corners, rounding them. Repeat with remaining goat and pastry squares. Bake in preheated 350° oven for 30 to 35 minutes or until brown. Makes 8 servings.

Hot and Sweet Mustard Sauce

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| <i>2 tablespoons dry mustard</i> | <i>1/4 cup cider vinegar</i> |
| <i>2 tablespoons Dijon mustard</i> | <i>2 tablespoons dry white wine</i> |
| <i>1/4 cup sugar</i> | <i>1 egg</i> |

In non-metal bowl, mix together the mustards, sugar, vinegar and wine. Let stand, covered, overnight at room temperature. Beat egg and add to mustard mixture. Cook over medium heat or in double boiler about 15 minutes or until thickened and smooth, stirring constantly. Do not let boil. Serve immediately or cover and chill.

Fritada De Cabrito (Fried Cabrito)

The kid goat should be less than 40 days old and should never have eaten "weeds," in order for it to be tender and not have the wild taste from desert plants. It is cut in small pieces and is cooked in water with salt, one onion, and two cloves of garlic (crushed) until the meat is tender. The cooked pieces are drained and the meat is then fried in oil and the broth is saved. The backbone should be separated from the ribs and cut into small chunks.

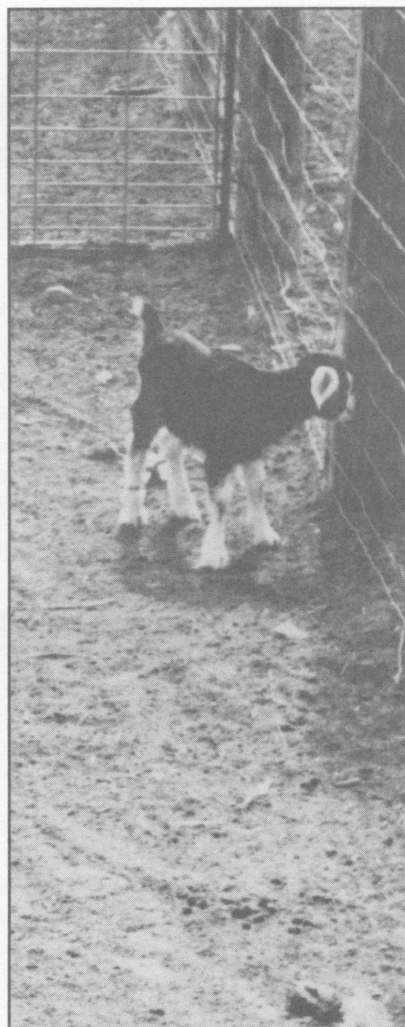
You take advantage of the intestines and all the blood. The "primeros" (large intestines) are cut into small pieces and are cooked in water with salt, onion and garlic. They are then fried in oil being careful not to brown them so they'll turn out tender.

Then grind very well to "*Triturar los grumos*" and then fry. As you fry meat, intestines and blood, you return these to a pot to finish cooking.

Cook the blood separately, adding water to dilute according to taste.

Six dried red anchos chiles are soaked, then ground in the "metate" and sieved to eliminate seeds and skin. These are fried with salt and well-ground garlic and seasoned to taste. Add this to first meat mixture. You also add the broth from which the meat was cooked. As it boils, add 3 cut up carrots, one large onion which has been "acitronada," three cloves of garlic, 2 cups whole stuffed olives, and a little vinegar. When done, you serve with oregano and serano chiles on the side. Corn tortillas are appropriate.

(An old recipe from Mexico)



Other Regional Recipes

Morsia

Cut up the following cabrito organs into bite-size pieces:

heart, lungs, liver, kidney

4 teaspoons spices (peppercorns and cumin)

1 medium onion, chopped

2 tablespoons flour

1 duodenum (quajio) or stomach lining

You'll need one large needle and quilting thread and string.

Mix cut-up organs, onions, spices and flour. Stuff into duodenum. Sew together to make a pouch. Bake at 350° for 30 to 40 minutes. Yields 4-6 servings.

Machitos

1 fatty mesentery from the small intestine

an assortment of the following meats, diced to facilitate the rolling process:

loin

liver

lungs

ham

kidney

shoulder roast chunk

heart

small intestines from 1 kid goat, well washed

The mesentery is spread out allowing it to dry to workable consistency. The diced meats are placed in jelly roll fashion on the mesentery. Make sure that the ends are folded inward during the rolling process. Work into a 2- to 3-inch roll. As a final step to keep the machito together you wrap the roll with the small intestines of the goat. Yield: 1 kid goat = 2 machitos about 8 to 10 inches in length, 2 to 3 inches in diameter. Machitos may also be purchased at your local meat market. To prepare: Season to taste, wrap in foil and bake in oven for 45 minutes at 350° or barbecue on the grill to individual preference. Yields 4 servings.

Cabrito Heads (Cabezas de Cabrito)

1 cabrito head

2 tablespoons garlic powder

2 cups water

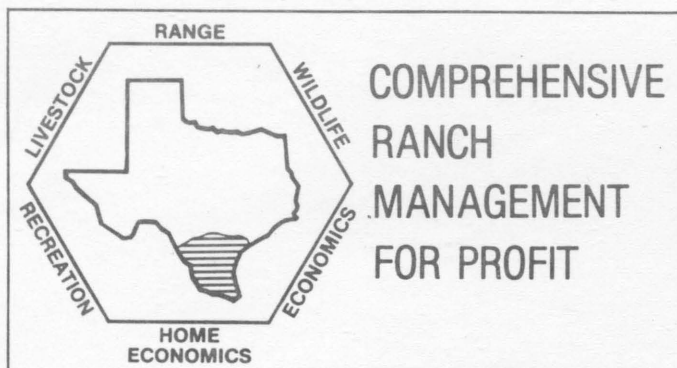
3 tablespoons mixed spices

2 tablespoons salt

(cumin and pepper)

A small yet tasty part of the cabrito is the "head." Boil 2 cups salted water, add the head(s) and allow them to fast boil for 10 minutes. Remove head (reserve 1/4 cup water) and place in baking pan. Sprinkle garlic and spices on head. Bake for 2 1/2-3 hours. Remove from pan and place on cutting board. Place a sturdy knife on skull cradle (small crack), and hit with a hammer to crack skull open. Remove brains and enjoy a tasty feast.

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