

JAMAICA

Jamaican Goat Curry

Serves 4.

Cooking time 2 hours +.

Ingredients

1.5 kg boneless lean goat meat (or lamb, or beef, or chicken)

(cut into cubes)

small bunch of chives (chopped)

5 garlic cloves (4 crushed, 1 reserved)

small bunch of fresh thyme (leaves only chopped)

1 scotch bonnet pepper (de-seeded and chopped - any hot chilli will do)

3 tbsp curry powder or garam masala

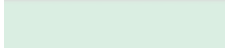
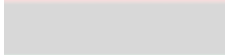
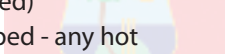
4 tablespoon vegetable oil

4 whole cloves

1 litre water

salt and pepper

juice of 1 lime (to serve)



Method

- 1 Season the meat with half of the chives, half of the crushed garlic and thyme, the chilli pepper and half of the curry powder or garam masala and refrigerate (ideally overnight).
- 2 Heat the oil in a large casserole dish or saucepan and add the meat, a little at a time, and brown to seal. When done, add the remaining garlic and cook for a few minutes, followed by the remainder of the thyme and the cloves.
- 3 Add the remaining curry powder or garam masala and mix all of the ingredients together in the pot. Add the water, reduce the heat to low, cover with a tight fitting lid and cook until meat is tender (in the case of goat or beef, this could take up to 2 hours). Stir occasionally and add more water to the pot if necessary.
- 4 Just as the curry comes off the heat, add the juice of the lime and the remaining garlic clove, finely chopped, stir in and serve with rice and peas.

