



# Caribbean Goat Stew

NIBBLEDISH CONTRIBUTOR

## Ingredients

- Salt and freshly ground pepper
- 2 pounds boneless goat meat, cubed
- 4 tablespoons olive oil
- 1 tablespoon grated ginger
- 1 large onion, diced
- 4 cloves garlic, minced
- 3 large carrots, chopped
- 3 stalks celery, chopped
- 1 scotch bonnet pepper (or 1 teaspoon scotch bonnet pepper sauce)
- 5 tablespoons curry powder
- 1 bay leaf
- 1 tablespoon ground allspice
- 1 teaspoon ground cinnamon
- 1 tablespoon tomato paste
- 2 cups chicken or beef stock
- 1 cup water or white wine
- 2 tomatoes, chopped
- 4 Yukon Gold potatoes
- ¼ cup chopped parsley

## Instructions

Season the goat meat with salt and pepper and pat dry. Using a heavy skillet, brown the goat (in batches) in olive oil over medium heat. Remove from the pan and set aside. Add onions and ginger to the pan and cook until soft, about 5 minutes. Add the garlic, carrots, celery, scotch bonnet pepper (if using), curry powder, bay leaf, allspice and cinnamon. Cook and stir another 5-10 minutes.

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Add the tomato paste, stock and water (or wine) to the pan. Bring to a simmer, then cover and cook for 40 minutes on low heat.

After 40 minutes, add the potatoes and tomatoes. Cook for an additional 30 minutes. Taste for seasonings and heat. Add salt and freshly ground pepper as needed. Sprinkle with parsley before serving.