

thyme & garlic dry-fry goat meat



Perfectly marinated and perfectly seasoned. This thyme & garlic dry fry goat meat elevates the marvelous flavor that goat meat naturally has. You'll love it!

Ingredients

For the dry fry:

3 Tomatoes, diced

Marinated goat meat

1 white onion, finely chopped

1 green bell pepper finely chopped

1/2 a table spoon of black pepper

1 heaped tablespoon of royco all spice mix

Thumb sized piece of minced ginger

Salt to taste

1 teaspoon of tomato paste

Finely chopped coriander



For the marinade

3 cloves of Garlic, minced

1/2 a teaspoon of dried thyme

Freshly squeezed lemon juice

Plain Yoghurt

1 tablespoon of dark mushroom soy sauce

Method

Take your garlic cloves peel them and crush them into a paste. In a separate container, mix your plain yoghurt, dark mushroom soy sauce, thyme and lemon juice. After they are all mixed, add your crushed garlic and mix this. Once they are evenly distributed, pour the content over your sliced goat meat and allow it to sit for not less than 3 hours for the marinade to really infuse.

After you are done marinating your meat, put it to boil with the entire contents. Do not rinse it out, it will turn out just fine and much more flavorful. Add 1 cup of beef stock/ vegetable stock or just some water so as to ensure the meat tenderizes.

After your meat has boiled, put it aside. In a separate (or the same) frying pan, add your white onions together with your ginger and black pepper and fry. Once your onions are soft, add your tomatoes and let them fry for about 5 minutes until they are soft. Then add your tomato paste and mix this all together.

Once the tomatoes have reduced add the goat meat that you had initially set aside. Mix it in. Then, in a small bowl, mix your royco all spice mix, some salt with some water to form a thick paste. Add this to the meat and mix.

Then add your finely chopped bell pepper and mix it all in. Let this simmer for about 10-15 minutes. Remove the dry fry goat meat from the heat and garnish with the finely chopped coriander.



SERVE WITH: ugali, rice, potatoes or your preferred starch.

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/thyme-ginger-dry-fry-goat-meat/>