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- ◆ Washington State University
- ◆ United States Department of Agriculture
- ◆ Washington State Counties
- ◆ Central Washington Meat Goat Producers



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TO:

Goat Meat: A Healthful Choice



AN INFORMATIONAL BROCHURE ABOUT GOAT MEAT

Sponsored by
**Central Washington
Meat Goat Producers**

and

**Washington State
University Extension
Goat Production
Education Team**



COOKING WITH GOAT MEAT

Due to its low fat content, goat meat should be cooked differently from other meats.

More tender cuts of goat meat such as the legs, ribs, loin, brisket and portions of the shoulders may be roasted, broiled or fried.

Less tender cuts such as stew meat, riblets and shanks should be cooked with moist heat, such as by braising or stewing.

In general, goat meat should be cooked slowly at low temperature and with added moisture for optimal tenderness and enjoyment.



GRILLED GOAT CHOPS

Goat chops (loin or rib) Dijon mustard
Balsamic vinegar Olive oil

Marinate chops in a mixture of equal amounts of vinegar, oil, and mustard for several hours in the refrigerator, then barbecue.

GOOD FOR YOUR HEALTH!

Goat meat is lower in fat than similarly-prepared beef, but has equal protein and higher iron. Cooked goat meat contains 30 to 45% less saturated fat than skinless chicken.

A 3.5 ounce serving of roasted goat meat contains:

- 143 calories
- 27 grams of protein
- 3 grams of fat
- 0.92 grams of saturated fat
- 3.7 milligrams of iron
- 86 milligrams of sodium
- 75 milligrams of cholesterol

EASY POT ROAST

- 5 medium potatoes 2 cups water
- 1 large onion, chopped Salt
- 2 cloves garlic, chopped Pepper
- 5 lbs. goat shoulder meat, cubed
- Worcestershire sauce

Put goat meat and water into roasting pot. Sprinkle with salt, pepper and Worcestershire sauce. Add onion and garlic. Put on lowest heat on stovetop. Cover and cook for five hours, checking occasionally. Add potatoes 30 minutes before serving.



SAFE HANDLING OF GOAT MEAT

- Keep goat and other meats refrigerated at or below 40° F and use within 3 to 5 days, or freeze at 0° F.
- There are only three ways to defrost meat safely: in the refrigerator, in cold water and in the microwave.
- For safety, cook any ground meat to 160°F. Roasts, steaks, chops and other cuts can be cooked to medium-rare (145° F), medium (160° F), or well-done (170° F).
- For best quality, use ground meat or small cuts within two days of purchase. Use larger cuts within three to five days, or freeze.
- Wash your hands before and after handling food. Sanitize food preparation surfaces before and after use.
- For additional food safety information, call the USDA Meat and Poultry Hotline at 1 (800) 535-4555.



SOURCES OF GOAT MEAT RECIPES

- www.sheepandgoat.com/recipes.html
- www.jackmauldin.com/goat_recipes.htm
- www.laffin-k.com/recipes.asp