CARIBBEAN · DINNER

Jamaican Curry Goat with Potatoes

275 min · Serves 4 · 425 kcal a serve · Video 7:49 · caribbeanpot

Gluten-free ingredients · No dairy listed · No nuts listed

A slow-braised curry of lean goat and potatoes: one serve gives about 45 g of protein and is rich in zinc, iron and vitamin B12, with potassium from the potatoes.

Diet notes: Low saturated fat (2 g, 4% of the energy); DASH-friendly (580 mg sodium a serve).

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Ingredients 12 · SERVES 4

- [ ] 2½ lb **bone-in goat**, cut into 1½-inch pieces (about 1¾ lb meat)
- [ ] 3/4 tsp **salt**
- [ ] 2 small **onions** (or 1 large), diced
- [ ] 1/2 **scotch bonnet pepper**, chopped
- [ ] 1½–2 tbsp **curry powder**
- [ ] 2 tbsp **vegetable oil**
- [ ] 5 sprigs **fresh thyme**
- [ ] 2 **scallions**, chopped
- [ ] 8 allspice (pimento) berries
- [ ] 3 cups **hot water**
- [ ] 3 medium **potatoes**, quartered
- [ ] chopped **parsley**, to garnish (optional)

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Season the goat pieces with the salt, onions, scotch bonnet and curry powder, mix well, cover and marinate in the fridge for at least 2 hours (overnight is best). 1:02
2. Heat the oil in a wide heavy pan over medium-high heat. Add the goat, leaving most of the onion and pepper behind for now, and sear until the pieces darken and are sealed all over. 2:38
3. Add the remaining onion and pepper, the thyme, scallions and allspice berries. Swish the 3 cups hot water around the marinating bowl and pour it in. Bring to the boil, stirring to lift the curry off the bottom. 4:01
4. Cover and simmer on very low heat for about 1½ hours, until the goat is getting tender. 5:53
5. Tuck in the potatoes, bring back to the boil, then simmer 35–40 minutes more until the potatoes are soft, the meat falls off the bone and the gravy is thick. Garnish with parsley if you like. 6:29

> **Tip** Serves 4 (our estimate). Time includes a 2-hour marinade; overnight is even better. Serve with rice and peas or plain rice. Leave the scotch bonnet whole for a milder curry.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
425 kcal	45 g	34 g	5.6 g	12 g	580 mg
1,780 kJ	89% of a day	28 g net · 4 g sugars	20% of a day	2 g saturated	25% of a day
		12% of a day		15% of a day	

Energy from net carbs 28% · protein 45% · fat 27%

High in (20%+ of a day) Zinc 79% · Vitamin B12 74% · Iron 44% · Omega-3 43% · Vitamin K 35% · Selenium 34% · Potassium 30% · Vitamin B6 28% · Vitamin C 22%

Source of (10–19%) Vitamin E 18% · Folate 16% · Magnesium 12%

Recipe and video: caribbeanpot (@caribbeanpot) on YouTube — youtube.com/watch?v=cgF8Tahxm3w, published 5 December 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/jamaican-curry-goat-potatoes