## Boer Goat – is it the New Super Food?

As a food and drink photographer it's always nice to trace the dish back to the farm it came from...



I love this goat posing for the camera – I trust <a href="https://www.english-heritage.org.uk">https://www.english-heritage.org.uk</a> will be posting this on their social media.

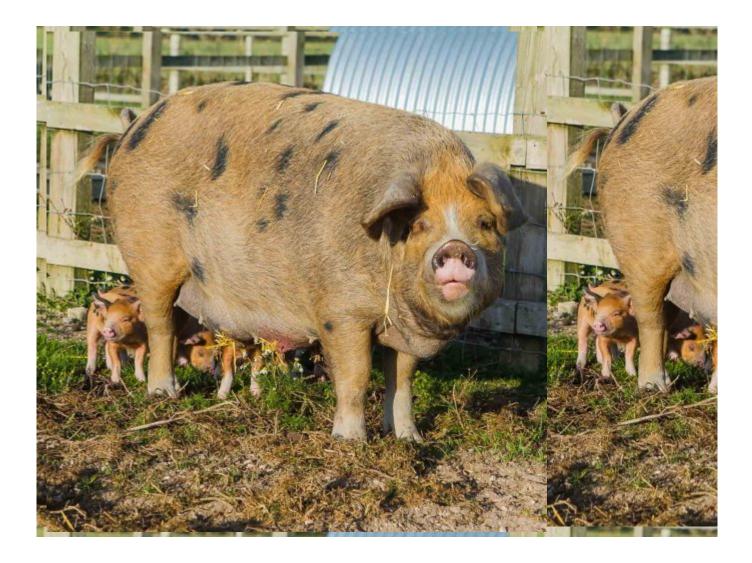
A wonderful setup here at New Farm Barn – Dorset Goat Meat Co is now on the map...





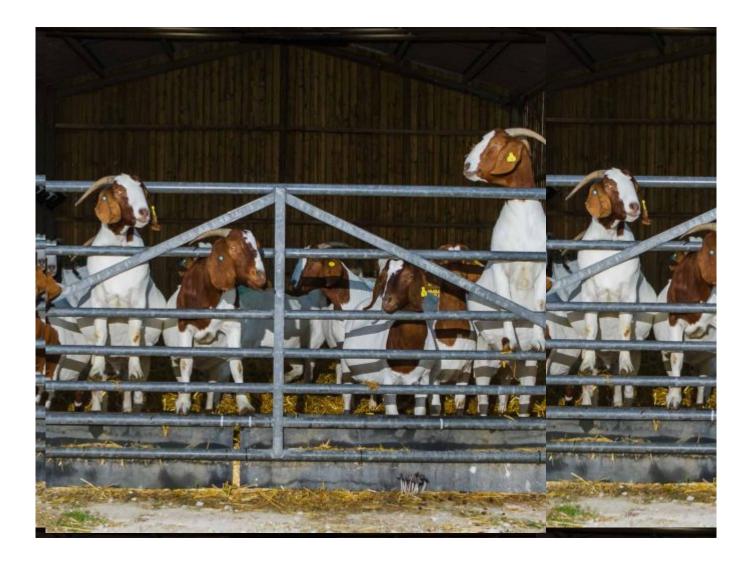




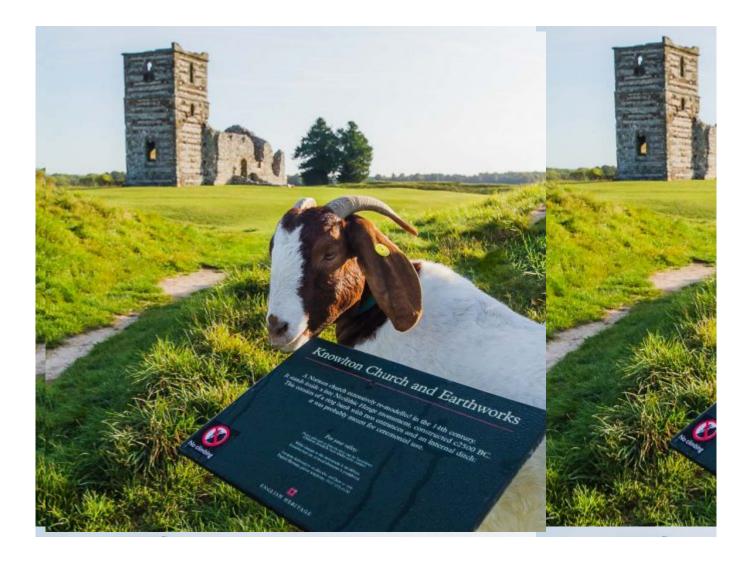






















This part of the post is only for me really so I don't lose the recipe… [] OMG Try this goat curry.

-start-

**GOAT CURRY!** 

Goat pieces

- 1 x Onion roughly chopped
- 1.5 inch Fresh Ginger
- 1 x Bay Leaf
- 4 x Cardamom pods

coriander

cumin

turmeric

chilli

paprika

salt and pepper

garam masala-

Blend spices, add everything to a casserole pan with lid, stir together to coat the goat.

cook for 3hrs at 100C – DRY! Stir at the end of each hour. THEN after 3 hrs add a tin of tomatoes or coconut milk – stir and cook for another hour! DONE. I normally leave it in the oven with the lid on for a day – then simple heat up in the oven the next day! OMG! Trust me! This is what you get!

-end-