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

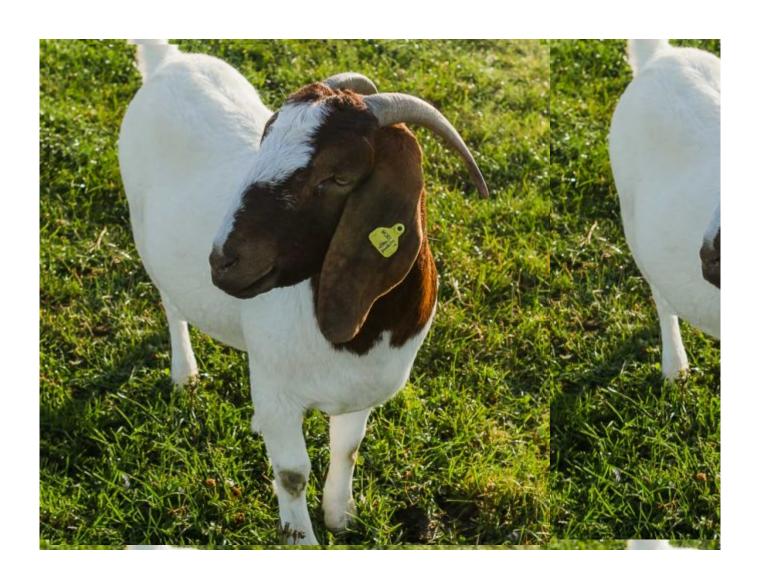
As a food and drink photographer it's always nice to trace the dish back to the farm it came from...



I love this goat posing for the camera — I trust  $\frac{https://www.english-heritage.org.uk}{nteritage.org.uk}$  will be posting this on their social media.  $\square$ 

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





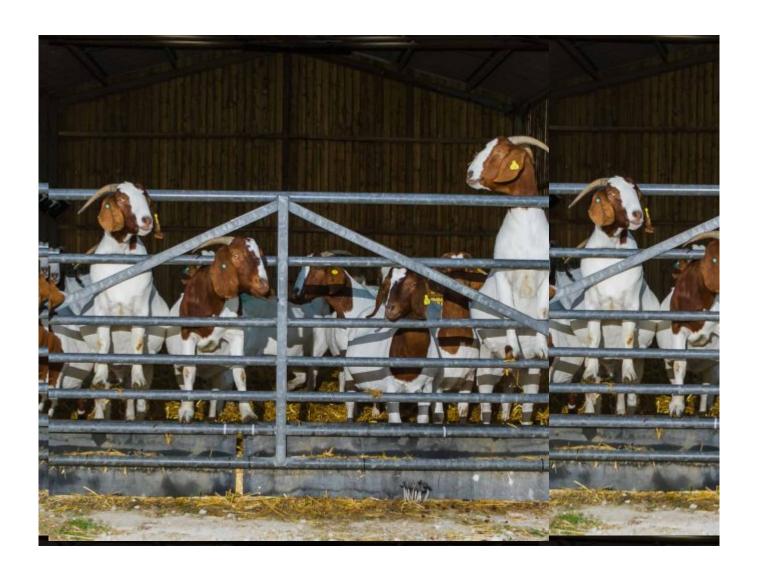




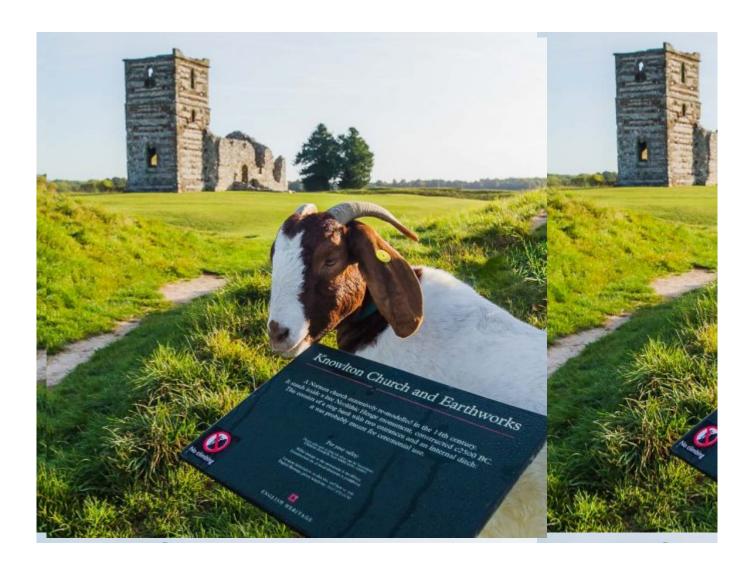






















This part of the post is only for me really so I don't lose the recipe…  $\ \square$  OMG Try this goat curry.

-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-