

## GOAT MORSELS, CARROTS, & PEAS

### INGREDIENTS

- 1 lb./½ kg of goat morsels
- 1 cup of pure revitalized or spring water
- 1 cup of sherry or port wine
- 1 Tbsp of wheat-free tamari sauce
- 4-6 shakes of garlic powder
- ¼ tsp of dried chili pepper
- 1-2 Tbsp of unsalted butter
- 2-3 carrots
- 1 cup of frozen petite peas
- 1 tsp of Celtic seasalt (adjust to taste)

### DIRECTIONS

**Add the goat morsels, water, sherry/port, tamari sauce, garlic powder, chili, and butter into a sauté pan and braise on medium heat for 1 hour or more, until the meet is tender. Stir occasionally and add more water as needed to maintain enough liquid in the pan for the sauce.**

**Wash, peel, and chop the carrots into into the pan.**

**Cover and steam on low heat for another 10 minutes. Add water as needed. Rinse the peas in a strainer, then add them into the ingredients with the seasalt.**

**Cover and cook for another 5 minutes or less.**

ENJOY this delicious meat served over the Sweet Potato Mash

Use **organic** ingredients and pasture-fed goat that has been humanely raised and processed.

Serves 2

Suitable for O, B, & AB blood types

The **goat** is a member of the *Bovidae* family and closely related to the sheep. The bovids include bison, buffalo, antelope, gazelle, sheep, and domestic cattle. This special group of ruminants are cloven-hoofed. Their unique digestive system enables them to stay healthy on a diet of grasses and forage plants. The goat belongs to the *Capra* genus and *C. agars* species. Dating back 10,000 years from Iran, the domesticated goat is one of the oldest domesticated animals in the world. It has been used since then for its its milk, meat, hair, and skins. Female goats are called "does" or "nannies," males are called "bucks" or "billies," and juveniles are called "kids."

Goat are a sustainable source of meat since they graze on grass, instead of being fed grains. Plus, goat meat does not contain any growth hormones.

Goat meat cuts are similar to lamb and are lower in fat than chicken, and higher in protein than beef. Goat meat is also lower in calories, total fat, saturated fat, and cholesterol than beef and chicken. This combined with its high iron and protein content, selenium, B vitamins, and fatty acids, makes goat meat a healthy choice for red meat.

Goat meat is prevalent in Indian, Middle Eastern, North African, and Spanish cuisine. Quality farmed Boer goats were specially bred for goat meat production. Thus, they are meatier than other goat breeds and known for their tenderness, juiciness, and mild flavor. Cabaret, Carpet, and Chevron are different cultural and age related names for goat meat. Cabrito & Capretto are a young milk-fed kid goats with a carcass weight between 6kg/ 13.2lbs and 12kg/26.4lbs.

Cabrito (Spanish term, and Capretto (Italian term) are highly desired in traditional Spanish, Italian, and Greek cuisine. In Australia, Capretto is seasonal from September to December. Chevron is the French term for prime farmed 'young' goat, not more than two tooth with no male secondary sexual characteristics. It is a little larger and the meat is a little more red, but it is also tender, juicy, and favorsome. Chevron is available all year with a maximum age of 16 months.

Goat, like all meat, should be handled carefully and kept cold in the fridge or frozen. Thaw frozen goat in the fridge with a dish under it or in a tightly sealed bag, submerged in water in the sink. Be sure to wash the cutting board, utensils, and hands well after handling raw meat.

Cooked goat can stay fresh in the fridge for 3-5 days and in the freezer for 6-9 months. Ground goat will only stay fresh in the fridge for up to 2 days and fresh in the freezer for 3-4 months. When freezing, pack as tightly as possible and over wrap to prevent freezer burn. Select goat meat that is light pink to bright red, firm, fine-grained flesh with well-distributed white fat. There are numerous ways to cook goat meat depending on the cut.

Originating thousands of years ago in central Asian and Middle Eastern countries, **carrots** belongs to both the *Umbelliferae* and *Apiaceae* families. This popular root vegetable comes in orange, yellow, red or purple and grows from two inches to 3 feet. All colors belong to the same genus and species of plant, *Daucus carota*. Different colors contain different varieties of antioxidant phytonutrients. Red and purple are rich in anthocyanin; orange is rich in betacarotene; and yellow is rich in lutein.

Carrots are rich in antioxidants (carotenoids, hydroxycinnamic acids, and anthocyanindins). A 10 year study from the Netherlands found dark orange/yellow carrots to be protective against cardiovascular disease (CVD). The vitamin A, beta and alpha carotene, and potassium in carrots, also help to reduce the risk of cancer. Cooking, steaming, or juicing carrots increases absorption of its beta and alpha carotene from 3% to 39%. Its newly discovered polyacetylenes, which include falcarinol and falcarindiol, interact with the carotenoids (alpha/beta carotene, lutein) and inhibit the growth of colon cancer cells. They also have strong skin-protecting antioxidant activity. Plus, they have anti-inflammatory and anti-aggregatory properties. Carrot's fibre pectin, detoxifies heavy metals and other aging toxins. Its flavonoid rutin, helps to prevent varicose veins and hemorrhoids. Carrots are also a good source of biotin and other B vitamins, vitamins K and C, fiber, molybdenum, folate, phosphorus, and other minerals.

Researchers at the Jules Stein Institute at the U of California, Los Angeles found that women who consume carrots at least twice a week have lower rates of glaucoma.

China produces one-third of all the world's carrots. Russia is the second largest carrot producer, and the U.S. is the third, with 320,000 tons a year. California produces 80% of all fresh market carrots in the U.S.

Select carrots that are firm, straight, and brightly colored. Dark stem and limp carrots are signs of age.

Store them in the coolest part of the fridge in a plastic bag or container to prevent loss of moisture. Keep them away from fruits and other produce that produce ethylene gas, which will cause them to become bitter. Remove the green tops before storing. Carrots are best consumed raw, lightly steamed, or in soups and will last up to two weeks if properly stored.

**Peas** and other legumes belong to the plant family known as the *Fabaceae*, which is also called the bean or pulse family. The garden pea was one of first crops to be cultivated by humans, thousands of years ago. They were first grown in the Himalayan plains of NW India, the Middle East, and the Mediterranean basin. There are three types of commonly eaten peas: garden or green peas (*Pisum sativum*), snow peas (*Pisum sativum var. macrocarpon*) and snap peas (*Pisum sativum var. macrocarpon ser.cv.*), which are a cross between the garden pea and snow pea. Peas are one of the few members of the legume family that are sold and cooked as vegetables. Legumes are plants that bear fruit in the form of pods enclosing seeds we know as beans.

The nutritious, leguminous green pea is rich in fiber, protein, phytonutrients, minerals, and vitamins A, B, C, K and ALA. Their fiber and nutrients provide cardiovascular benefits and help regulate blood sugar levels. Peas contain a significant amount of lutein, which helps prevent macular degeneration and lowers the risk of cataracts. Peas are a good source of phenolic acids and nutrients help regulate blood sugar levels a polyphenol called coumestrol that has been shown to decrease the risk of stomach cancer. Peas have the ability to chelate metals and inhibit linoleic acid oxidation. In fact, they are loaded with antioxidants, anti-inflammatory nutrients, and alpha and beta-carotenes.

Peas compliment soups, gluten-free pasta, rice, and many ethnic recipes. Fresh or frozen petite/baby green peas are preferred for their sweetness, tenderness, and flavor.

Select peas that are bright green, firm, and plump. Store fresh peas in the fridge. Fresh peas can be blanched for one or two minutes and then frozen. Frozen peas can last from 6-12 months.