



HEALTH SCORE

97%

Goat in Chile Marinade, Pit-Barbecue Style



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



663 kcal

SEASONING

MARINADE

Ingredients

- ☐ 10 allspice
- ☐ 0.5 ounce avocado leaves dried
- ☐ 10 servings pepper black freshly ground
- ☐ 0.5 cup apple cider vinegar
- ☐ 2 teaspoons cumin seeds
- ☐ 12 large sprigs thyme dried fresh (leaves only)
- ☐ 10 garlic clove
- ☐ 16 pound lamb shoulder bone in trimmed quartered

- ☐ 4 ounces guajillo chiles* seeds removed (16 large chiles)
- ☐ 1 large onion coarsely chopped
- ☐ 0.3 cup oregano dried crumbled
- ☐ 1 teaspoon frangelico for seasoning goat to taste
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ roasting pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ spatula
- ☐ mortar and pestle
- ☐ tongs

Directions

- ☐ Wash and griddle-dry the chiles by the directions below.
- ☐ Place in a deep bowl and cover generously with boiling water.
- ☐ Let soak for at least 20 minutes.
- ☐ Grind the cumin, cloves, allspice, oregano, and dried thyme (if using) together in an electric coffee or spice grinder or with a mortar and pestle.
- ☐ Drain the soaked chiles. Working in batches as necessary, place them in a blender with the ground herbs and spices (add fresh thyme at this point if using), garlic, onion, vinegar, salt,

and about 1/2 cup water (or enough to facilitate the action of the blades). Process to a smooth purée (about 3 minutes on high), stopping occasionally to scrape down the sides with a rubber spatula. With a wooden spoon or pusher, force the purée through a medium-mesh sieve into a bowl. It should have the consistency of a thick but still moist paste.

- ☐ Season the pieces of goat or lamb with salt and pepper. Slather the seasoning paste all over the meat. Arrange in a large bowl (or any non-reactive container that's large enough), cover tightly with plastic wrap, and refrigerate overnight or for at least 4 hours.
- ☐ Remove from the refrigerator about 2 hours before beginning the cooking, to let the meat come to room temperature.
- ☐ Preheat the oven to 325°F.
- ☐ Choose a deep roasting pan or baking dish large enough to hold the meat snugly. Scatter half of the avocado leaves across the bottom of the pan and arrange the meat on them. Scatter the remaining leaves over the meat. Cover the pan (wrapping very tightly with several layers of foil if there is no lid) and bake 6 to 7 hours (4 to 4 1/2 hours for the lamb). The meat should be almost falling off the bone.
- ☐ Griddle-Drying
- ☐ Remove and discard the tops and seeds of the chiles. I leave in the veins (the hottest part), but you can cut them away if you want to tone down the heat. Rinse the chiles under cold running water and shake off the excess moisture, but do not dry them.
- ☐ Heat a griddle or cast-iron skillet over medium-high heat until a drop of water sizzles on contact. A few at a time, place the chiles on the griddle and let them heat, turning occasionally with tongs, just until any clinging moisture is evaporated and the aroma is released. Allow approximately 30 to 45 seconds in all per chile for most kinds, slightly less for guajillos (which are very thin-skinned). The chiles should just become dry, hot, and fragrant; do not allow them to start really roasting or they will have a terrible scorched flavor.
- ☐ Remove from the griddle as they are done.
Avocado Leaves Buy the dried imported avocado leaves sold in packets in Mexican groceries. Though sizes are not standardized, they generally come in 1/4-ounce packets, sometimes with the contents fairly broken up. One ounce of dried avocado leaves is usually equivalent to about 30 leaves.
- ☐ Reprinted with permission from *The Food and Life of Oaxaca: Traditional Recipes from Mexico's Heart* by Zarela Martinez. © 1997 Wiley

Nutrition Facts



 PROTEIN **57.76%**  FAT **34.44%**  CARBS **7.8%**

Properties

Glycemic Index:15.4, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:45.984782529914%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 662.82kcal (33.14%), Fat: 24.72g (38.04%), Saturated Fat: 8.67g (54.21%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 7.82g (2.85%), Sugar: 5.47g (6.07%), Cholesterol: 292.62mg (97.54%), Sodium: 329.34mg (14.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 93.3g (186.59%), Vitamin B12: 12.21µg (203.46%), Selenium: 104.85µg (149.79%), Vitamin B3: 28.61mg (143.05%), Zinc: 19.29mg (128.63%), Phosphorus: 885.4mg (88.54%), Vitamin B2: 1.21mg (71.2%), Iron: 11.1mg (61.67%), Vitamin A: 3083.24IU (61.66%), Potassium: 1606.39mg (45.9%), Vitamin B6: 0.86mg (42.92%), Vitamin K: 43.09µg (41.04%), Vitamin B1: 0.58mg (38.83%), Vitamin B5: 3.45mg (34.53%), Magnesium: 135.86mg (33.97%), Folate: 125.63µg (31.41%), Copper: 0.6mg (29.89%), Manganese: 0.51mg (25.27%), Fiber: 4.79g (19.14%), Calcium: 122.75mg (12.27%), Vitamin E: 1.76mg (11.76%), Vitamin C: 6.31mg (7.65%)