



Jamaican Goat Curry



Gluten Free



Dairy Free



Popular

READY IN



210 min.

SERVINGS



8

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup vegetable oil
- ☐ 6 Tbsp curry powder
- ☐ 1 Tbsp allspice (see step 1)
- ☐ 3 pounds goat (can use lamb or beef if you can't find goat)
- ☐ 8 servings salt
- ☐ 2 onions chopped
- ☐ 1 scotch bonnet peppers seeded chopped
- ☐ 2 inch ginger minced peeled

- ☐ 1 head garlic peeled chopped
- ☐ 1 ounce cans coconut milk canned
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 1 Tbsp thyme leaves dried
- ☐ 3 cups water
- ☐ 5 yukon gold potatoes peeled cut into 1-inch chunks

Equipment

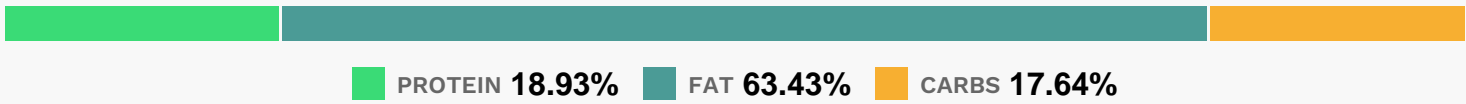
- ☐ bowl
- ☐ pot

Directions

- ☐ Make the curry powder: If you can find Jamaican curry powder, definitely use it. If not, use regular curry powder and add the allspice to it. You will need at least 6 tablespoons of spices for this stew, and you can kick it up to 8–9 depending on how spicy you like it.
- ☐ Cut the meat into large chunks, maybe 2–3 inches across. If you have bones, you can use them, too. Salt everything well and set aside to come to room temperature for about 30 minutes.
- ☐ Heat the oil in a large pot over medium–high heat.
- ☐ Mix in 2 tablespoons of the curry powder and heat until fragrant.
- ☐ Brown meat in curried oil: Pat the meat dry and brown well in the curried oil. Do this in batches and don't overcrowd the pot. It will take a while to do this, maybe 30 minutes or so. Set the browned meat aside in a bowl. (When all the meat is browned, if you have bones, add them and brown them, too.)
- ☐ Cook onions, habanero, ginger, garlic:
- ☐ Add the onions and habanero to the pot and sauté, stirring from time to time, until the onions just start to brown, about 5 minutes.
- ☐ Sprinkle some salt over them as they cook.
- ☐ Add the ginger and garlic, mix well and sauté for another 1–2 minutes.
- ☐ Put the meat (and bones, if using) back into the pot, along with any juices left in the bowl.
- ☐ Mix well.

- ☐ Add coconut milk, tomatoes, curry powder, water, thyme, then simmer:
- ☐ Pour in the coconut milk and tomatoes and 5 tablespoons of the curry powder. Stir to combine. If you are using 2 cans of coconut milk, add 3 cups of water. If you're only using 1 can, add 4 cups of water.
- ☐ Add the thyme.
- ☐ Bring to a simmer and let it cook until the meat is falling-apart tender, which will take at least 2 hours. Longer if you have a mature goat.
- ☐ Add potatoes: Once the meat is close to being done – tender but not falling apart yet –
- ☐ Add the potatoes and mix in. The stew is done when the potatoes are. Taste for salt and add some if it needs it.
- ☐ Skim fat: You might need to skim off the layer of fat at the top of the curry before serving. Do this with a large, shallow spoon, skimming into a bowl. Also, be sure to remove any bones before you serve the curry.
- ☐ The stew is better the day after, or even several days after, the day you make it.
- ☐ Serve with Jamaican rice and peas, a coconut rice with kidney beans.

Nutrition Facts



Properties

Glycemic Index:44.47, Glycemic Load:15.86, Inflammation Score:-7, Nutrition Score:28.763478273931%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 682.63kcal (34.13%), Fat: 48.45g (74.54%), Saturated Fat: 19.25g (120.31%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 24.44g (8.89%), Sugar: 4.6g (5.12%), Cholesterol: 124.17mg (41.39%), Sodium: 380.95mg (16.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.06%), Vitamin B12: 3.93µg (65.49%), Vitamin B3: 12.23mg (61.13%), Selenium: 34.12µg (48.75%), Zinc: 6.61mg (44.07%), Vitamin C: 31.97mg (38.75%), Phosphorus: 380.91mg (38.09%), Vitamin B6: 0.76mg (37.98%), Iron: 6.53mg (36.29%), Vitamin K: 37.76µg (35.97%), Manganese: 0.69mg (34.36%), Potassium: 1139.09mg (32.55%), Vitamin B2: 0.45mg (26.33%),

Copper: 0.48mg (24.01%), Fiber: 5.87g (23.49%), Vitamin B1: 0.35mg (23.28%), Magnesium: 92.17mg (23.04%),
Vitamin E: 2.67mg (17.82%), Folate: 69.85µg (17.46%), Vitamin B5: 1.63mg (16.34%), Calcium: 112.27mg (11.23%),
Vitamin A: 200.24IU (4%), Vitamin D: 0.17µg (1.13%)