



Smoked-Chili-Rubbed Goat Shoulder



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



556 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 pepper flakes fresh chopped
- ☐ 4 pepper flakes fresh red such as anaheim or hungarian wax, chopped
- ☐ 1 bunch flat parsley
- ☐ 3 inches ginger fresh peeled chopped
- ☐ 8 garlic clove crushed peeled
- ☐ 5 pounds yogurt bone-in
- ☐ 0.3 cup olive oil canned (the best you can afford)
- ☐ 2 tablespoons sea salt

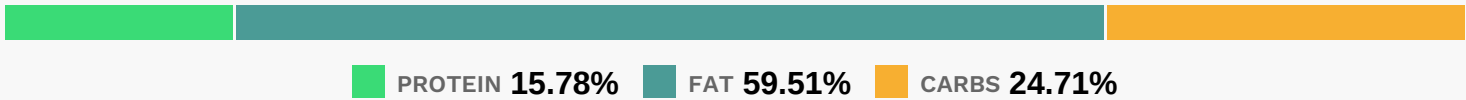
Equipment

- ☐ mortar and pestle

Directions

- ☐ THE DAY BEFORE
- ☐ Use a mortar and pestle to pound the chilies, ginger, garlic, and parsley with the salt to a coarse paste, pounding each ingredient thoroughly before adding the next.
- ☐ Add the olive oil, pounding again to form a pretty smooth paste.
- ☐ Rub the goat shoulder with the chili paste and refrigerate, covered, for 24 hours.
- ☐ THAT DAY
- ☐ Preheat a smoker (see Headnote above).
- ☐ Place the goat shoulder in the smoker (reserving any leftover marinade) and let it ride for about 3 hours. Keep an eye on the temperature, stoke your fire, and drink a Scotch. Occasionally baste the goat with the leftover marinade. After 3 hours, periodically jiggle the leg. When it gives you the sense that if you pulled just a bit harder you could tear it from the joint, it's ready, but it'll probably take another 3 to 4 hours.
- ☐ Serve it straight away on a platter and tear into with your hands.
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Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:3.04, Inflammation Score:-10, Nutrition Score:34.326956500178%

Flavonoids

Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 555.83kcal (27.79%), Fat: 37.45g (57.62%), Saturated Fat: 17.06g (106.66%), Carbohydrates: 35g (11.67%), Net Carbohydrates: 33.28g (12.1%), Sugar: 29.08g (32.31%), Cholesterol: 62.37mg (20.79%), Sodium: 3787.74mg (164.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.69%), Vitamin K: 253.09µg (241.03%), Vitamin C: 125.46mg (152.07%), Calcium: 802.88mg (80.29%), Phosphorus: 677.61mg (67.76%), Vitamin A: 2966.2IU (59.32%), Vitamin B2: 0.86mg (50.76%), Vitamin D: 7.37µg (49.14%), Potassium: 1499.66mg (42.85%), Vitamin B6: 0.7mg (34.9%), Magnesium: 105.88mg (26.47%), Vitamin B1: 0.35mg (23.09%), Copper: 0.4mg (20.08%), Vitamin B5: 2mg (19.97%), Vitamin E: 2.93mg (19.55%), Manganese: 0.37mg (18.62%), Zinc: 2.13mg (14.17%), Vitamin B3: 2.68mg (13.39%), Selenium: 9.19µg (13.12%), Iron: 2.1mg (11.67%), Folate: 43.61µg (10.9%), Fiber: 1.71g (6.86%), Vitamin B12: 0.4µg (6.61%)