

Curry Goat – Glistening Waters

2 lb goat or mutton (de-boned)
4 tablespoons curry powder (preferably a good Jamaican curry powder–i.e. Betapac Curry powder, Easy Spices, Curry Masala)
1 teaspoon freshly ground pimento seeds
1 teaspoon freshly ground black pepper
1 teaspoon lamb seasoning
2 medium chopped onions
½ teaspoon freshly grated ginger
½ lamb stock cube
2 tablespoon vegetable oil
*scot bonnet hot pepper left whole
*salt
*a good pinch of turmeric
2 cups of hot water or enough water to cover meat



Cut meat into bite-size pieces, season with all of the spices and set aside for about an hour or overnight.

Place 2 table spoons of oil in heavy pot, wait until oil is smoking, once oil is hot, put meat in pot carefully to avoid splashing over with lid, stirring occasionally to prevent burning, allow meat to come to a boil this will happen by meat producing its own juices, when this happen add 2 cups of boiling water. Cook slowly until meat is tender. Serve with plain white rice or rice & peas.

Serves 4-6

Preparation time: 20 minutes

Cooking time: 1hour or until meat is tender

Tips: There are many recipes for curry and numerous varieties of rice with which to serve it. Remember that it is the mixture of spices, garlic and onions that give each curry its particular flavour. Its is possible to use a mixture of spices that will make a curry acceptable even for Western children who are, perhaps, unused to spicy food.

Fresh fruits make attractive garnishes to serve with curry – pineapple, mangoes, papaws for instance – not only look good, but are refreshing and cooling to eat.