

Italian Chevon Sandwiches

1 Goat roast
2-3 packages Good Seasons Italian Dressing
2-3 cans chicken stock

Place roast in crock pot. Sprinkle seasoning mix on top. Add enough broth to cover meat. Let cook on low all day. Shred meat and serve on rolls

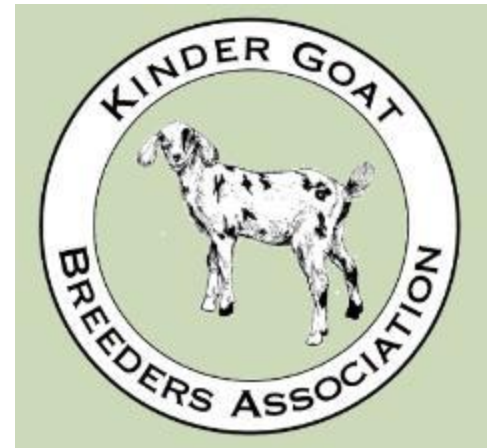
Leg of Goat

1 Leg of goat, 1 cup wine, 1 t sage, 1 cup vegetable oil, 3 large potatoes, 2 cloves garlic, 3 whole onions, 1 bay leaf, 3 large crumbled chilies, 1 t rosemary, 2 garlic cloves, skin removed, ½ t crushed pepper.

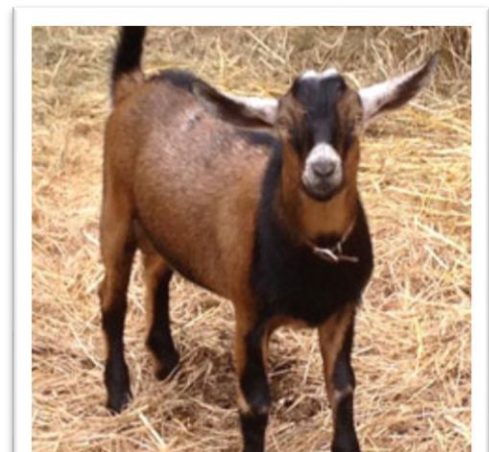
Combine vinegar, oil and seasonings and pour over goat. Remove goat, strain and reserve. Quarter potatoes and onions and place in shallow roasting pan along with chilies and garlic. Pour ¼ cup marinade over vegetables. Place goat on roasting rack over vegetables. Pour ¼ cup marinade over the goat. Roast at 325 F for approximately 25 minutes per pound of goat. Baste with ¼ cup marinade every 20-30 minutes and before serving. Serve with Basmati rice.

KGBA

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Buyer's guide to choosing and preparing goat meat.





Why Goat Meat

Goat is the most widely consumed meat in the world. It's estimated that 80 percent of the world's population eats goat as a staple in their diet. Goat meat from younger animals is called **kid** and from older animals is sometimes called **Chevon**.

Goat is also the most heart friendly red meat. Gram for gram goat meat has less cholesterol and fat than chicken yet all of the taste and flavor you expect from lamb and beef.

Goats are also good for the environment using less than half the fossil fuels needed to raise a pound of beef or pork. Goats are natural browsers that will eat plants other production animals will not. This helps improve pastures for other animals.

How to cook Goat Meat

Since goat meat is so low in fat, this makes cooking it more of a challenge. Goat meat must be cooked slowly and at low temperature or it will dry out and become tough. The best ways to cook goat are roasting (in the oven, in a smoker or on the grille) or braising (cooking with added liquid such as water, wine or milk). Marinating will help retain moisture and tenderness as well. Goats are also great cooked whole on a barbeque spit as well as ground into your favorite sausage recipe. Ground Goat and Goat Stew meat provide easy options for many American and ethnic dishes.

How much meat will I get?

Typically, Kinder goats will yield 40-60 percent of live weight depending on how you have it dressed. Your yield will depend your cutting instruction and whether you choose to use specialty cuts like the heart and liver. Talk to your local goat Kinder Goat Breeder about butchering options in your area.



Goat Meat Nutrition

The low levels of saturated fat and cholesterol, combined with its high iron and protein content, make **goat meat** a good choice for anyone looking for a healthy redmeat. It's a leaner, healthier choice when compared to equal serving sizes of chicken, beef and pork.

The beauty of the goat as an "alternative protein" is four-fold — it's relatively easy on the land, it eats what we don't, it's good for us, and it's tasty. In addition, Kinder goats are usually raised on local family farms. Kinder goat meat: Good for you, good for the environment.

THE HEALTHY RED MEAT

Composition (3oz) Roasted	Calories	Fat (g)	Saturated Fat (g)	Protein (mg)
Goat	122	2.58	0.79	23
Chicken	122	3.5	1.1	21
Venison	130	2	0.9	26
Lamb	235	7.3	7.3	22
Beef	245	16	6.8	23

Contact Us

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