

Carne de cabra canaria – goat meat stew

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Ingredients

- 1 kg goat meat
- 3 carrots
- 1 a large onion
- 5 cloves garlic
- 250 ml tomato puree
- 250 ml of wine
- olive oil
- 1 pinch sweet peppers (pimiento dulce)
- 1 pinch cumin
- 1 pinch oregano
- salt, pepper, bay leaves
- 3 cloves
- Water for stewing

Instructions

1. Heat the olive oil in a large saucepan and sear the goat pieces well on all sides over high heat.
2. Salt the meat and take it out when it is well browned.
3. Add a large, finely chopped onion to the casserole in which the meat was cooked; Cook on low heat until translucent.
4. Peel and chop 5 cloves of garlic; add to the onion; stir a few times and fry
5. Add 250 g of chopped tomatoes or ready-made puree and cook until the liquid from the sauce has evaporated a little
6. Add 1 tablespoon of sweet paprika to the sauce and fry very briefly.

7. Then add 1 tablespoon of dried oregano, 3 cloves, and 1 teaspoon of ground cumin. Mix well with the rest of the sauce.
8. Add the peeled and chopped carrots.
9. Add the fried meat and pour 250 ml of wine.
10. Add the bay leaves.
11. Add a little water, just enough to almost cover the meat, and simmer the goat in a covered pot for at least a couple of hours until very tender. Just check with a fork after a few hours to see if the meat is still firm, and simmer until completely tender.

Notes

If you want more veggie, add paprika.

If you want a spicier taste, marinate the goat meat with spicier spices.

After turning off, it is good to let the stew stand for at least an hour. During this time, all the flavors are mixed.

Traditionally in the Canaries, stewed goat meat is served with local boiled potatoes. This, like many stews, is very tasty with mashed potatoes or polenta.