

Chilli Con Goat

INGREDIENTS

- 500g minced goat
- 2 medium onions, chopped
- 3 garlic cloves, peeled and finely chopped
- 1–2 tsp hot chilli powder
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tbsp. plain flour
- 150ml red wine or extra stock
- 300ml beef stock, made with 1 beef stock cube
- 400g can of chopped tomatoes
- 400g can of red kidney beans, drained and rinsed
- 3 tbsp. tomato purée
- 1 tsp caster sugar
- 1 tsp dried oregano
- 1 bay leaf
- flaked sea salt
- freshly ground black pepper

METHOD

1. Place a large non-stick saucepan over a medium heat and add the goat and onions. Cook together for 5 minutes, stirring the goat and squishing it against the sides of the pan to break up the lumps.
2. Add the garlic, chilli powder, cumin and coriander. Fry together for 1–2 minutes more. Sprinkle over the flour and stir well.
3. Slowly add the wine and then the stock, stirring constantly. Tip the tomatoes and kidney beans into the pan and stir in the tomato purée, caster sugar, oregano and bay leaf. Season with a pinch of salt and plenty of freshly ground black pepper.
4. Bring to a simmer on the hob, then cover loosely with a lid. Reduce the heat and leave to simmer gently for 25 minutes, stirring occasionally until the mince is tender and the sauce is thick.
5. Adjust the seasoning to taste and serve.