

DIY Diced

COOKING SAUCE

If you want to use goat meat with a homemade sauce or a shop bough jar we recommend placing the diced meat in a casserole dish and cover with water. place lid on casserole dish and cook at 200°C for 2.5 hours then add your sauce and cook for a further 30 minutes or until sauce is piping hot.

BBQ KEBABS

Place the diced meat in a casserole dish and cover with water. pop lid on casserole dish and cook at 200°C for 2 hours then add your sauce or marinade, skewer the meat and cook on the BBQ for 30 - 40 minutes.