

Goat Goulash

The paprika in this Hungarian inspired dish brings out the delightful flavour of the goat

INGREDIENTS

- 1kg Diced Goat
- 1 tbsp sunflower oil
- 3 medium onions - cut into 12 wedges
- 3 garlic cloves - crushed
- 2 tsp hot smoked paprika
- 1 tbsp paprika
- 1 beef stock cube
- 600ml cold water
- 400g can of chopped tomatoes
- 2 tbsp tomato purée
- 2 bay leaves
- 1 red pepper
- 1 green pepper
- 1 orange pepper
- flaked sea salt
- freshly ground black pepper

METHOD

1. Preheat the oven to 170°C/Fan 150°C/Gas 3½. Season the goat well with salt and freshly ground black pepper.
2. Heat the oil in a large flameproof casserole dish. Add the goat and fry over a high heat until nicely browned all over, turning regularly. Tip the onions into the pan and cook with the beef for 5 minutes until softened. Add the crushed garlic and cook for a further minute, stirring regularly.
3. Sprinkle both kinds of paprika over the meat and crumble the beef stock cube on top. Add the water, tomatoes, tomato purée and bay leaves. Season with salt and pepper, stir well and bring to a simmer. Cover with a tightly fitting lid and transfer the dish to the oven. Cook for 2 hours.
4. While the goat is cooking, remove the core and seeds from each pepper and chuck them away. Cut each pepper into chunks of about 3cm. When the goat has cooked for 2 hours, carefully remove the dish from the oven. Stir in the peppers, put the lid back on and put the goulash back in the oven for a further hour and a half or until the goat is meltingly tender.

Serve with rice and a dollop of soured cream