

Jamaican Goat Curry

Ingredients

2 or 3 groundnut/veg oil
3 lb goat cut into 2 inch cubes
2 large onions - chopped
2 fresh red chillies - sliced (optional)
3 tablespoons curry powder
300 ml or 1/2 pint coconut milk
1 fresh bay leaf
1/2 teaspoon ground allspice
300 ml or 1/2 pint chicken stock
2 tablespoons lime/lemon juice

Method

1. Heat oil in a pan and fry meat until brown. Remove and place in a large flameproof casserole.
2. Fry onions and chillies in pan until onions are golden brown.
3. Add curry powder and cook for a further 2 or 3 minutes, stirring.
4. Add fried onions to the casserole with the coconut milk, bay leaf, allspice, seasoning and enough stock to just cover the meat. Cover and simmer for 2 hours (or until meat is tender).
5. Just before serving add the lime or lemon juice and cook for 2 to 3 minutes.
6. Serve with rice.

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recipe**