

Goat and Butternut Squash Stew

Savannah · 30/09/2024



Prep Time

2 hrs 5 mins

Difficult

Medium

Servings

4

Description

This is a tasty spicy dish for a cold fall or winter evening and can be a good way to introduce goat to people who think they don't like goat. If you're not a fan of a long sauté process, it can also be prepared in a slow cooker. Serve over rice.

Ingredients

- 1 teaspoon ground cumin - 1 teaspoon ground coriander - 1 teaspoon ground ginger - ½ teaspoon sweet paprika - ½ teaspoon smoked sweet paprika - ½ teaspoon smoked hot paprika - ½ teaspoon ancho chile powder - 1 (3 pound) bone-in goat shank - ¼ teaspoon salt
- or more to taste - ¼ teaspoon ground black pepper
- or to taste - 2 tablespoons coconut oil - 1 onion
- chopped - 1 (1 pound) butternut squash
- peeled and cut into 1/2-inch cubes - 4 cloves garlic
- minced - 1 (14 ounce) can diced tomatoes - 1 ½ cups water - 1 cinnamon stick - 1 pinch saffron

Instructions

1. Mix cumin
2. coriander
3. ginger
4. sweet paprika
5. smoked sweet paprika
6. smoked hot paprika
7. and chile powder together in a bowl. Rub goat shank with about 1/4 teaspoon salt and 1/4 teaspoon pepper. Heat coconut oil in a large Dutch oven over medium-high heat until melted and shimmering. Cook goat shank in hot oil until browned as completely as you can get it
8. 2 to 3 minutes per side. Remove shank to a bowl
9. reserving oil in the skillet. Reduce heat under the skillet to low. Cook and stir onion in the retained oil until soft
10. 7 to 10 minutes. Add butternut squash and garlic; cook and stir until the garlic is fragrant
11. about 1 minute. Sprinkle the cumin mixture over the squash mixture; cook and stir 1 minute more. Stir tomatoes
12. water
13. cinnamon stick
14. and saffron into the squash mixture; return goat shank to the Dutch oven
15. bring the liquid to a simmer
16. and cook until the goat meat is tender and falling from the bone
17. 90 minutes to 2 hours. Remove shank from Dutch oven to a cutting board. Strip meat from the bone and cut into bite-size pieces. Discard bone. Stir meat into the squash mixture
18. season with salt and pepper
19. and cook until the meat is reheated
20. about 5 minutes.