

## Goat Curry



Recipe provided by: EATINGWell

## Ingredients

### Marinade

- ¼ cup whole-milk plain yogurt
- 1 tablespoon minced fresh ginger
- 2 teaspoons minced garlic
- 2 teaspoons ghee or canola oil
- ½ teaspoon salt
- ½ teaspoon ground turmeric
- ¼ teaspoon crushed red pepper
- 1½ pounds boneless goat preferably from shoulder or leg, trimmed

## Curry

- 1 tablespoon coriander seeds
- 2 teaspoons cumin seeds
- ½ teaspoon fennel seeds
- 3 tablespoons ghee or canola oil
- 1 cup finely chopped onion
- 2 medium tomatoes, chopped (about 2 cups)
- 1 teaspoon garam masala
- ¼ teaspoon salt
- ½ cup low-sodium chicken broth
- Fresh cilantro for garnish

## Directions

To prepare marinade: Combine yogurt, ginger, garlic, 2 teaspoons ghee (or oil), ½ teaspoon salt, turmeric and crushed red pepper in a medium bowl. Add goat (or lamb) and vigorously massage the marinade into each piece by hand. Cover and marinate for at least 12 and up to 24 hours.

To prepare curry: Remove the marinating goat from the refrigerator and let stand at room temperature for 30 minutes.

Toast coriander, cumin and fennel seeds in a large saucepan over medium heat, stirring occasionally, until very fragrant, 2 to 3 minutes. Cool slightly. Grind to a fine powder in a clean coffee grinder or mortar and pestle.

Wipe out the pot, add ghee (or oil) and heat over medium-high heat. Add onion and cook, stirring often, until starting to brown, 3 to 4 minutes. Add tomatoes and cook, stirring frequently, until most of the liquid has evaporated, 3 to 5 minutes. Add the ground seeds, garam masala and salt and cook, stirring, until fragrant, about 30 seconds.

Add the goat (and all of the marinade). Pour in broth, stirring to scrape up any bits from the bottom of the pan. Bring to a boil, then reduce heat to simmer. Cover and cook, stirring occasionally, for 1 hour. Uncover and continue cooking, stirring occasionally, until the meat is very tender and the sauce is reduced, about 1 hour more. Serve topped with cilantro, if desired.

Make Ahead Tip: Marinate the goat (Step 1) for up to 24 hours

Servings: 4 | Prep Time: 14 hours | Cook Time: 45 minutes