

Goat Stifado



Ingredients

- 1.9kg goat leg, deboned, cut into 5cm pieces
- 2 cups red wine
- 1 brown onion, finely chopped
- 3 garlic cloves, thinly sliced
- 2 cinnamon sticks
- 3 bay leaves
- 1/4 cup plain flour
- 1/3 cup olive oil
- 2 tablespoons tomato paste

1 teaspoon ground allspice

1kg baby onions, peeled (see Note)

Mashed potato, steamed green beans, to serve

Fresh flat-leaf parsley, chopped, to sprinkle

Directions

Place goat, wine, chopped onion, garlic, cinnamon and bay leaves in a large glass bowl. Chill, covered, for 4 hours or overnight.

Strain goat over a large bowl. Pat dry goat with paper towel. Reserve marinade and onion mixture. Place flour on a large plate and season. Toss goat in a seasoned flour to coat and shake off excess.

Preheat oven to 180°C or 160°C fan-force.

Heat 2 teaspoons of oil in a large, heavy-based saucepan over medium-high heat. Cook goat in 4 batches (adding 2 teaspoons of oil for each batch), for 5 minutes or until browned all over. Heat 1 tablespoon oil in same pan over medium heat. Cook onion mixture, stirring, for 5 minutes or until softened. Add marinade and bring to the boil, scrapping base to release any brown bits. Gently boil for 3 minutes or until halved. Add tomato paste, all spice and 1 cup water. Stir until smooth. Return goat to pan with any juices. Bring to the boil. Cook, covered, in oven for 1 hour.

Meanwhile, heat remaining oil in a large frying pan over medium-high heat. Cook baby onions, stirring, for 10 minutes or until golden. Add onions to goat and cook, covered, in oven for another 1 hour or until goat is tender.

Sprinkle with parsley and serve with mashed potatoes and green beans.

Servings: 8