

# Boer Goat – is it the New Super Food?

As a food and drink photographer it's always nice to trace the dish back to the farm it came from...

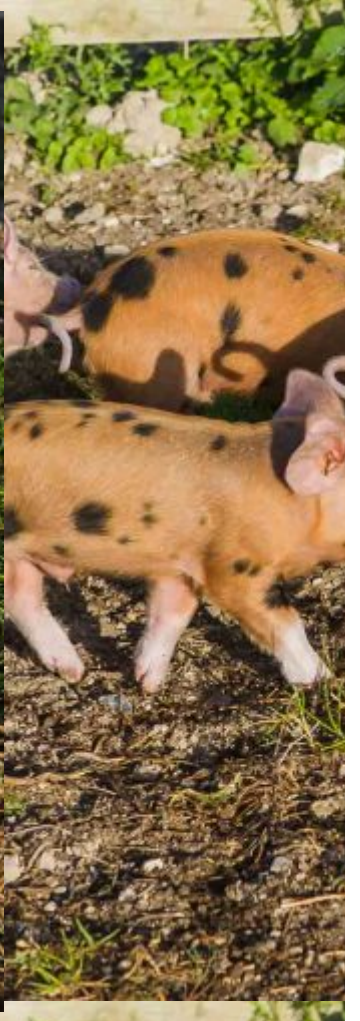


I love this goat posing for the camera – I trust <https://www.english-heritage.org.uk> will be posting this on their social media. ☐

A wonderful setup here at New Farm Barn – Dorset Goat Meat Co is now on the map...

































This part of the post is only for me really so I don't lose the recipe... ☐ OMG Try this goat curry.

–start–

### **GOAT CURRY!**

Goat pieces

1 x Onion – roughly chopped

1.5 inch Fresh Ginger

1 x Bay Leaf

4 x Cardamom pods

coriander

cumin



turmeric

chilli

paprika

salt and pepper

garam masala-

Blend spices, add everything to a casserole pan with lid, stir together to coat the goat.

cook for 3hrs at 100C – DRY! Stir at the end of each hour. THEN after 3 hrs add a tin of tomatoes or coconut milk – stir and cook for another hour! DONE. I normally leave it in the oven with the lid on for a day – then simple heat up in the oven the next day! OMG! Trust me! [This is what you get!](#)

–end–