

Pro Tip Recipes

PREP TIME 20 MIN | COOK TIME 20 MINS | SERVES 10

GOAT PAELLA

Method

1. For Goat: To make marinade: Combine garlic, preserved lemon, rosemary and parsley in a bowl, season with sea salt and cracked black pepper. Stir well to combine.
2. Using a sharp knife, score the goat shoulder all over. Rub the marinade all over meat, ensuring you get in the crevices and under the skin if possible. Place in a shallow dish, cover tightly with plastic wrap and refrigerate overnight.
3. Pre-heat oven to 160 ° C. Heat oil in a heavy based frying pan, add onion, and cook for 5 minutes or until soft. Place in a gastronome with bay leaves. Bring frying pan back to the heat, cook goat for 15 minutes or until browned on all sides, turning frequently. Place goat on top of vegetables. Pour in wine and chicken stock. Cook for 4 hours until meat is tender and falling off the bone. Remove from oven, pull meat off bones and set aside.
4. For Paella: Heat olive oil in a paella pan or large frying pan over medium heat. Add onions and sauté for 3-5 minutes or until transparent, add sliced chorizo, followed by capsicums and carrots, cook for a further 5 minutes or until softened slightly. Lower heat and add rice, cook for a few minutes or until rice is thoroughly coated and translucent. Add tomatoes, saffron and stock, bring to the boil, reduce heat and simmer for 10 minutes.

5. Add pulled goat and simmer for a further 10 minutes or until rice is tender. Add peas, season with salt and pepper, garnish with parsley and serve with Caesar salad and lemon wedges.

INGREDIENT LIST

Goat

- 2kg goat shoulder, bone in

Other Ingredients

- 30g garlic cloves, crushed
- 50g preserved lemon, finely chopped
- 30g chopped fresh rosemary
- 50g chopped flat leaf parsley
- 80mls olive oil
- 160g brown onion, thinly sliced
- 2 bay leaves
- 180mls white wine
- 1.25 litres chicken stock
- Sea salt and cracked black pepper to season

For Paella

- 1.2kg prepared goat
- 60mls olive oil
- 170g red onions, sliced
- 340g beef chorizo, sliced

- 300g red capsicums, seeded, diced
- 200g carrots, peeled, diced
- 450g Spanish Bomba Paella Rice
- 500g heirloom tomatoes, diced
- 5g saffron threads
- 1 litre chicken stock
- 200g peas
- 30g flat leaf parsley, chopped

Serving Suggestions

- Caesar Salad
- Lemon wedges

