

# Chevon recipes

## Chevon rendang



Preparation time:

25 mins

Cooking time:

1½ hours

Serves:

6

### INGREDIENTS

1.2kg	chevon forequarter, diced
30g	tamarind pulp
100ml	boiling water
2	onions, sliced
2 tbsp	peanut oil
1	cinnamon stick
2	cardamom pods
3	star anise
425ml	coconut milk
	kaffir lime leaves
	salt

### Spice paste

3 tsp	coriander seeds
3 tsp	cumin seeds
3cm	ginger, peeled and sliced
3 slices	fresh galangal, finely chopped
3	lemongrass stalks, chopped
4	red chillies, seeded
3 cloves	garlic
4 tbsp	shredded dried coconut

Soak the tamarind in the boiling water for 15 minutes. Pour through a fine sieve, discard the pulp and set the liquid aside.

Heat the oil in a large saucepan and cook the onions until soft. Add the spice paste and fry for five minutes. Add the meat and stir. Continue to add the remaining ingredients, except for the salt and lime leaves.

Bring to the boil and then gently simmer, uncovered, until the goat is tender, approximately 1½ hours. Slice the kaffir lime leaves and add to the saucepan and season with salt in the final half hour.

To make the spice paste: dry fry the coriander and cumin seeds over medium heat until fragrant. Place in a spice grinder when cool, and grind to a powder. Place in a food processor along with the ginger, galangal, lemongrass, chillies, garlic and a little water if necessary to blend to a smooth paste. Toast the coconut in a frying pan until golden brown. When cool, place in a spice grinder and grind as finely as possible.

## Moroccan chevon kebabs with lemon couscous



Preparation time:

15 mins plus marinating time

Cooking time:

12 mins

Serves:

6

### INGREDIENTS

1kg	trimmed chevon rump, cut into 2cm dice
2 tbsp	olive oil
2 tbsp	lemon juice
1 tbsp	harissa
1 tsp	ground coriander
1	red capsicum, cut into 2cm dice
1	green capsicum, cut into 2cm dice

### Lemon couscous

2	leeks, sliced thinly
1 tbsp	olive oil
4 tbsp	butter
3 cups	vegetable stock
1 tsp	salt
375g	instant couscous
	grated rind of 1 lemon
2 tbsp	shredded mint

Combine the chevon with the oil, lemon juice, harissa and coriander, mix well. Refrigerate for three hours or overnight. Thread the chevon and capsicum alternatively on to metal skewers.

Ensure barbecue or barbecue char-grill plate is hot before you cook. Let the kebabs cook on one side until moisture appears on the top before you turn. Cook for a further 2-3 minutes.

Remove from the heat and cover loosely with foil to rest for two minutes before serving.

Serve kebabs with lemon couscous.

To make the lemon couscous: cook the leeks in the oil and 2 tbsp of the butter until soft. Set aside. Bring the stock to the boil with the salt and pour over the couscous. Stand for 10 minutes until the couscous has absorbed the stock. Fluff the couscous with a fork, add the remaining butter. Stir through the cooked leeks, lemon rind and mint.

## Marinated chevon cutlets with coriander and mint sambal



Preparation time:  
**20 mins plus marinating time**

Cooking time:  
**6-8mins**

Serves:  
**6**

### INGREDIENTS

<b>18</b>	chevon cutlets (from the rack)
	juice of 3 limes
<b>½ tsp</b>	sweet paprika
<b>3 tbsp</b>	olive oil
<b>3 tbsp</b>	chopped mint
	potato wedges to serve
<b>Coriander and mint sambal</b>	
<b>½ cup</b>	coriander leaves
<b>¼ cup</b>	mint leaves
<b>4 cloves</b>	garlic
<b>1½ tsp</b>	ground cumin
<b>1 tsp</b>	sugar
<b>1 tsp</b>	salt
<b>3-4</b>	fresh green mild chillies
<b>½ cup</b>	coconut cream
<b>¼ cup</b>	shredded coconut
<b>¼ cup</b>	lemon juice

Combine chevon cutlets with juice, paprika, 2 tbsp olive oil and the mint, mix well. Refrigerate for three hours or overnight.

Lightly brush chevon with remaining oil. Preheat the frypan to moderately hot. Cook one side until the first sign of moisture appears on the top. Cook for 2-3 minutes on each side for medium or cook until desired doneness. Turn chevon once only. Test for degree of doneness with tongs.

Remove chevon from pan, loosely cover with foil and rest for two minutes to let the meat fibres relax and reabsorb their juices before serving. Serve with coriander and mint sambal and potato wedges.

To make the coriander and mint sambal: place all ingredients except the lemon juice in a food processor. Process to combine, gradually add the lemon juice until mixture forms a rough paste.

## Thai-spiced chevon and noodle soup



Preparation time:  
**25 mins**

Cooking time:  
**20 mins**

Serves:  
**6**

### INGREDIENTS

<b>400g</b>	chevon tenderloin
<b>450g</b>	thin egg noodles
	oil for deep-frying
<b>2 tbsp</b>	peanut oil
<b>3 cloves</b>	garlic, finely chopped
<b>2</b>	x 425 ml cans of coconut milk
<b>2 tbsp</b>	red curry paste
<b>¼ tsp</b>	ground turmeric
<b>3 cups</b>	stock
<b>3 tbsp</b>	fish sauce
<b>1 tsp</b>	palm sugar or brown sugar
<b>½ cup</b>	sliced bamboo shoots
<b>½ cup</b>	canned straw mushrooms
	juice of 1 lemon
<b>2 tbsp</b>	fried shallot flakes
<b>4</b>	spring onions, sliced
<b>¼ bunch</b>	of coriander

Cook the noodles until just tender, drain, rinse in cold water and set aside. Take about half of the noodles, pat them dry with absorbent paper and deep fry them until golden brown. Drain the fried noodles well, cool them, and then crumble into small pieces. Leave aside to garnish the soup.

Gently fry the garlic in peanut oil. Spoon approximately 200ml of thick cream from the top of the cans of coconut milk and add to the garlic. Combine with the red curry paste and turmeric, stir until smooth. Cook, stirring, over a medium heat for one minute.

Add the chevon and cook for a further three minutes. Add the remaining coconut milk, stock, fish sauce, palm sugar, bamboo shoots and straw mushrooms. Bring to the boil, reduce heat and simmer for about 3-4 minutes to establish the flavours. Stir in the lemon juice.

To serve, divide the boiled noodles between the bowls and ladle the soup over them.

Garnish with the fried noodles, then fried shallot flakes, spring onion and coriander.

Sliced the chevon across the grain, place in a bowl and refrigerate while other ingredients are prepared.