**Jamaican**

**Curried Goat Recipe**

**Ingredients**

2lb (including bones) of goat meat - cut in to cubes (lamb may be used as a substitute)

2 tbsp. curry powder

2 diced onions

2 scallions (or spring onions)

1/2 tsp salt

1/2 tsp pepper

2 hot chilies (ideally scotch bonnet)

1 tbsp. fresh grated ginger

6 cloves of minced garlic

2 sprigs of fresh thyme

1 tbsp. butter

1/2 lb. diced carrots

1/2 lb. diced potato

**Directions**

Combine the curry powder, onions, scallion, salt, pepper, chilies, ginger, thyme and half a cup of water in a blender. Add more water if the ingredients do not mix well.

Rub the mixture in to the cubes of meat, let marinade in the fridge overnight.

Scrape the marinade off the meat and save for later.

Add the meat and butter to a frying pan and brown gently.

Place the meat in a saucepan and add the potatoes, carrots and marinade then add enough water to cover the meat.

Bring to the boil then let simmer until the meat is tender (this should take 1hr - 1.5 hrs.).