

Goat with almonds

Goat is not to everyone's taste and those that are unlucky enough to meet with a bad preparation the first time are unlikely to repeat the experience. However, here in the Islands it is prepared extremely well and in many different ways.

This is a simple method with guaranteed results.

Preparation:

The first thing you need to do for this dish is boil the goat, after having cleaned it properly in plenty water with a little oil, salt, an onion cut in half and some herbs to lend it an essential aroma: bay and thyme, in particular. The amount of time required to cook the meat depends on the quality and toughness. Remove when tender.

In the meantime, make a *sofrito* with the garlic, peppers, tomatoes, onion, carrot and parsley, all chopped. Add wine to transform it into a fragrant sauce. Add the cooked goat to the sauce and bring to the boil again for roughly ten minutes. Add more salt if required. Fry some almonds, crushed in a mortar with a few strands of saffron, in a frying pan and pour onto the *guiso* or stew allowing it to boil for another few minutes.

Note...

To spice this dish up a bit, you can add a few pieces of hot pepper to the almonds and saffron, but, in this case, the *majado* should be added a little earlier than indicated above.



Ingredients:

One kilo of clean goat's meat.

Oil.

Garlic.

Onion.

Tomatoes.

Carrot.

Parsley.

White wine.

Almonds.

Saffron.