



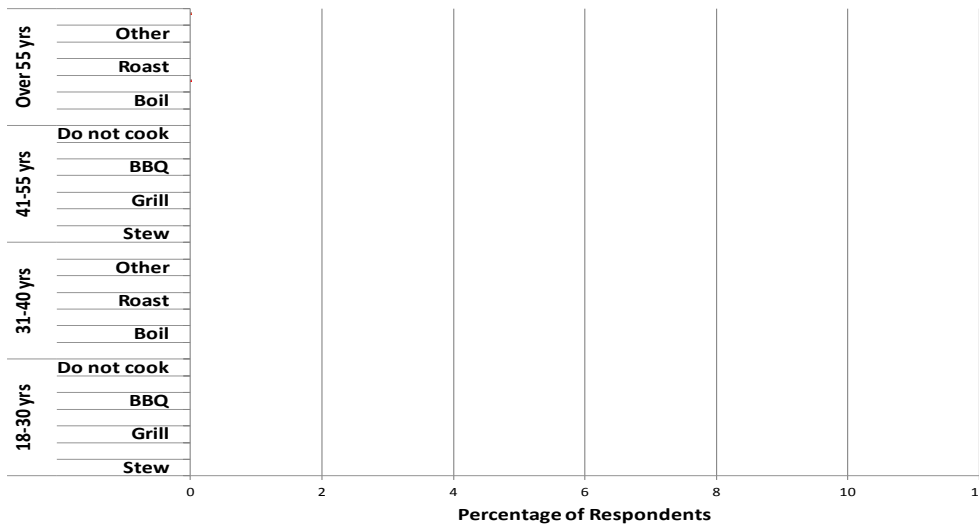
## FOOD & NUTRITION SPOTLIGHT

# Preparation methods of goat meat world-wide

Dr. Cheryl Atkinson and Janet Gager

- Goat meat is called the other red meat, but is leaner and contains less cholesterol and fat than both lamb and beef, therefore it requires low-heat, slow cooking to preserve tenderness and moisture.
- Some consumers compare the taste of goat meat to veal or venison.
- Goat meat can be stewed, curried, baked, grilled, barbecued, fried, made into sausage, or jerked.
- Goat meat is served raw in thin slices as "yagisashi" in Japan
- Goat meat is used as a primary ingredient to produce a rich taste in the preparation of biryani in India
- "Curry goat" is a common traditional Caribbean dish.
- Cabrito, is slowly roasted in Latin cuisines such as Mexican, Peruvian, Brazilian, and Argentina
- Braised goat are served in Germany (Bavaria)
- Breaded and fried goat is served in Austria (Tyrol).

Goat meat preparation methods by Louisiana residents



- Almost 50% of panelists have never cooked goat meat and 16% of those who did, preferred to grill or stew ( $p < 0.05$ )
- Goat meat can replace any meat in a dish with favorable results.

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### Resources:

1. Kunkle, Fredrick; Dwyer, Timothy (November 13, 2004). "Long an Ethnic Delicacy, Goat Goes Mainstream". *The Washington Post*.
2. Fletcher, Janet (July 30, 2008). "Fresh goat meat finding favor on upscale menus". *The San Francisco Chronicle*.

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