



Safe Thawing & Cooking of Goat Meat

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Safe Thawing of Goat Meat:

- Thaw meat in the refrigerator; in cold water; or in the microwave.
- Never thaw on the counter or in other non-refrigerated locations.
- It's best to plan ahead for slow, safe thawing in the refrigerator.

Thaw in cold water:

- Do not remove packaging.
- Be sure the package is airtight or put it into a leak proof bag.
- Submerge the package in cold water, changing the water every 30 minutes.
- Cook immediately.

When microwave-defrosting meat:

- Plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving-defrosting.
- Partially cooking food is not recommended because any bacteria present wouldn't have been destroyed.
- Foods defrosted in the microwave or by the cold water method should be cooked before refrigerating or refreezing because they may have been held at temperatures above 40 °F, where bacteria multiply rapidly.

Cooking Goat Meat:

- For safety, cook ground goat meat to 160 °F.
- Roasts, steaks, and chops can be cooked to medium rare (145 °F), medium (160 °F), or well done (170 °F) as measured with a food thermometer.
- Less tender cuts should be braised (roasted or simmered with a small amount of liquid in a tightly covered pan) or stewed.
- The meat of adult goats is almost always subjected to stewing because of its relative toughness, but in stews, it is flavorful and tender.
- Kid meat lends itself to all recipes for lamb: chops, leg or shoulder, crown roasts, rack or saddle, and kebabs.
- Goat meat is generally quite lean, although its higher moisture content makes it tender when handled properly.

Resources: http://www.fsis.usda.gov/Fact_Sheets/Goat_from_Farm_to_Table

For more information on the study, please contact the authors at 225-771-3142 or 225-771-4660.



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