

## Hunter's Goat Stew

YYYYY

Yield: 8 servings

Goat is one of the few farmed animals whose flesh conforms to the Savanna Model. This recipe is a classic way of preparing hunted meats. It uses the technique of soaking the meat in a flavorful liquid (marinating) to tenderize the meat and enrich its flavor. You can try this recipe on other game meat too, e.g. venison, wild boar, elk etc.

### INGREDIENTS

#### Marinade

- ½ bottle cheap dry red wine
- 1 medium onion, sliced
- 3 garlic cloves, sliced
- 1 teaspoon peppercorns
- 1 tablespoon cinnamon bark pieces
- 3 bay leaves
- 3 sprigs fresh oregano or thyme, or 1 tablespoon dried

#### Stew:

- 2 tablespoons olive oil
- 2 lb (900 g) goat stewing steak, cut into cubes
- 3 white onions (approx. 1 lb.), sliced
- 6 gloves garlic, crushed
- 2 tablespoons tomato paste
- 4 medium-size green peppers (approx. 1 lb.), deseeded and sliced
- 5 medium-size zucchini (approx. 2 lb.), sliced
- ½ white cabbage (approx. 1 lb.), sliced
- salt + pepper to taste
- 2 teaspoons dried Italian herbs
- Tabasco sauce to taste
- 4 pinches ground coriander
- 4 pinches ground cumin

### METHOD

#### Marinade

1. Put the goat cubes into a dish suitable for marinating, e.g. a Tupperware container.
2. Mix in the other marinade ingredients, using enough red wine to ensure that the goat meat is entirely covered.
3. Cover and store in the fridge. The longer you can leave it, up to four days, the better.

#### Stew

1. Strain the marinade in a colander, discard the juices and just keep the goat meat, the onion and garlic.
2. In a large non-stick frying pan or wok heat 1 tablespoon of the oil. Add the goat meat and sauté for a few minutes until golden brown on both sides. Set aside on a hot plate and cover.
3. Add the remaining oil in the pan and sauté the onion until they are soft and translucent. Add in the garlic and sauté for 2 minutes. Mix in the tomato paste, stir well to coat the onion.

4. Add the green peppers and sauté for 5 minutes.
5. Mix in the zucchini and cabbage.
6. Season with salt and pepper to taste. Add Italian herbs, the coriander, the cumin and the Tabasco sauce to taste. Cook until the vegetables are almost cooked.
7. Add the goat meat. Simmer all together for 15 minutes.

**Comment:**

A good, conforming, self-contained meal with protein and plant food in good balance. The Tabasco should be just be enough to make the dish piquant. Hot, pungent foods put your colon health in jeopardy.

Historical note: The last meal of Ötzi, the Ice Man, before he died on the Alpine glacier 5000 years ago was of goat. (News [January 2001](#)).

This is just one of many delicious paleo-conforming recipes prepared by Nicole Bond to be in conformity with nutritional anthropologist Geoff Bond's book . [Deadly Harvest](#)

Check out Nicole's recipe book: [Healthy Harvest](#)