



Real Jamaican Jerk An' Ting Recipes

Real Jamaican Jerk Original: Curry Goat

- 3 lbs. **goat meat** (cut into small pieces)
- 1 stalk of **scallion** (chopped)
- 2 sprigs of **thyme**
- 3 gloves of **garlic** (minced)
- ½ **hot pepper**, scotch bonnet
- 3 tbsp. **curry powder**
- 2 tbsp. **seasoning salt**
- Salt** and **black pepper** (to taste)
- 3 tbsp. **vegetable oil**
- 3 cups **water**
- 1 lb. **potato** (cubed)



1. Season goat meat with scallion, thyme, garlic, hot pepper, curry powder, seasoning salt, salt and black pepper. Allow to marinate for 30 minutes to 1 hour.
2. Heat vegetable oil in a skillet and add the seasoned goat meat. Cook and cover for about 15 minutes.
3. Add water and simmer until goat meat is tender. Add more water if necessary.
4. 45 minutes before meat is fully cooked, add the left over seasoning and potato. Continue to simmer until goat meat is tender and stir occasionally.

This dish is best with white rice or rice and peas and steamed vegetables.

Serves 8 people

www.realjamaicanjerk.com

Serving Real Jamaican Food in Real Jamaican Style