

Curried Goat and Lentil Stew

Ingredients:

5 pounds goat, with bones, cut into stew chunks
5 large onions, chunked
5 T curry powder
5 boullion cubes and water, or equivalent in stock
black pepper
~¼ C marsala or sherry (drinkable stuff; NOT the salted nastiness they sell for cooking)
bay leaves
3 carrots, minced (optional)
½ C split peas or red lentils (optional)
1-5 seranno peppers, minced (optional, for spiciness)
1-2 cloves garlic, grated (optional)

Instructions

Brown bones, add veggies, add spices. Deglaze with marsala, add stock, bring to a boil. Add lentils or peas if you want, bring back to a boil, reduce heat and partially cover, cook at a medium temp, stirring occasionally, for at least 2 hours.

How do you know when it's finished?

- 1) The meat is incredibly tender and falling from the bones.
- 2) The sauce tastes richly meaty
- 3) The sauce has reduced, and is as thick as you want it to be.

Now just taste it, and adjust the seasonings. You can add a bit more salt, pepper, allspice, marsala, or curry as desired; if you add more marsala or curry, be sure to let it simmer another 5 minutes to properly assimilate the flavors.

Serve either in bowls as a stand-alone stew, or over rice or the starchy substance of your choice. The bones are delicious, so don't be shy about picking them up and sucking the marrow out for extra flavor. The cartilage on the ends of the joints should have become wonderfully melty as well, so try it - you may like it.

As with most stews and curries, this one becomes even better after overnight refrigeration.