

Gill's Gourmet Gallery

Goat & bean casserole

Ingredients:

500g goat
500 ml water
Chilli oil
2 onions (diced)
1 red pepper (sliced)
1 orange pepper (sliced)
3 tablespoons curry powder
400g tin black beans
100g dried sweet mango

Method:

Using a casserole dish with lid :
Slow cook goat in 500 ml water for 2 hours, 100c fan.
Lift meat out of juices and place on to kitchen towel to dry.
Spoon 3 tablespoons chilli oil in a frying pan.
Fry the goat until browned.
Sprinkle with curry powder.
Add the onions and peppers.
Toss together for 2 minutes.
Turn off the heat.
Using a ladle spoon in the meat juices and stir.
Add the washed black beans and mangos.
Return to the casserole dish with lid and slow cook 100c fan for 2 hours.
Serve with couscous or rice and home made mango chutney.

