

Afrieek Goat Stew

This dish combines African spices with a Greek cooking method to create a delicious fusion dish.

Put into a deep baking dish or heavy pot:

2 pounds goat meat. (Boneless stew, bone-in steaks or chops, a combination, or a roast)

1 Tablespoon spice mix (below) or Berbere spice

1-2 chopped ripe tomatoes, fresh or canned

1 small onion, chopped

1 or 2 cloves garlic, minced

¼ cup olive oil

¼ cup dry white wine

Mix the ingredients thoroughly and then bake uncovered at 350° for an hour and a half, more or less, occasionally turning the meat over in the juices. Makes 4-6 servings.

Spice Mix: Combine in equal amounts (½ tsp. each) and grind: coriander seeds, allspice, bay leaf, cloves, black pepper, fennel seeds, cinnamon, thyme, marjoram and rosemary. If you don't have all of these spices available, use what you have; add some that you think would work if you feel like it.