



Goat meat comprises 63 percent of all red meat that is consumed worldwide. Currently, goats are the main source of animal protein in many North African and Middle Eastern nations, and are also important in Southeast Asia, the Caribbean, and other tropical regions.

Cabrito, a delicacy in Central and South America, is meat from goat kids slaughtered when 1 to 3 months of age weighing less than 50 pounds. Chevon is meat from goat kids 6 to 9 months of age weighing from 50 to 75 pounds. With a growing ethnic population that is accustomed to eating goat meat, the future of the U.S. meat goat industry looks promising.

Cooking

In many countries around the world, goat meat is a dietary staple and a delicacy served in specialty dishes, particularly at celebratory gatherings. As ethnic populations continue to rise, so does the demand for goat meat. Goat is especially popular among Hispanics, Caribbean Islanders, and Muslims. However, each group of individuals has different preferences for the type and weight of the goat they purchase. Hispanics prefer meat from young high-quality goat kids, while people of Caribbean heritage and the Muslim faith prefer meat from older goats of lesser quality, and frequently intact males.

Although goat meat is processed in USDA-approved facilities, and will have the USDA stamp, ethnic populations do not purchase or consume goat meat according to traditional USDA cuts of meat. They purchase whole or half carcasses and cut, marinate, cook, and serve goat meat in many different ways with various added ingredients.

If goat meat is to make a transition into mainstream U.S. markets, consumers need to learn a few basic cooking rules for goat meat. First, cook goat meat at low temperatures. Due to its low-fat content and lack of marbling (small streaks of fat found within the muscle), goat meat can lose moisture and toughen quickly if cooked at high temperatures. Second, cook goat meat with moisture. To enhance flavor and increase tenderness, use a marinade on the meat before cooking and cook with moist heat, such as stewing.

Sample recipes are available on the last page and the Internet contains numerous goat meat recipes worth trying.

Nutrient Composition

Goat meat has been established as a lean meat with favorable nutritional qualities, and it's an ideal choice for the health-conscious consumer. The following table compares the nutrient values of prepared goat meat, chicken, and other red meats consumed in the United States.

Table 1. Nutrient Composition of Goat & Other Types of Meat.

Per 3 oz. of cooked meat according to the USDA Nutrient Database for Standard Reference, Release 14 (2001)

<u>Nutrient</u>	<u>Goat</u>	<u>Chicken</u>	<u>Beef</u>	<u>Pork</u>	<u>Lamb</u>
Calories	122	162	179	180	175
Fat (g)	2.6	6.3	7.9	8.2	8.1
Saturated Fat (g)	0.79	1.7	3.0	2.9	2.9
Protein (g)	23	25	25	25	24
Cholesterol (mg)	63.8	76.0	73.1	73.1	78.2
Iron (mg)	3.2	1.5	2.9	2.7	1.4



**Goat meat is lower in calories,
total fat, saturated fat, and cholesterol than traditional meats.**



As shown in the previous table, goat meat is lower in calories, total fat, saturated fat, and cholesterol than traditional meats. Less saturated fat and less cholesterol mean healthier red meat for the health-conscious consumer. Comparatively, goat meat also contains higher potassium content with lower sodium levels. Regarding essential amino acid composition, goat meat closely resembles that of beef and lamb.

Goat meat offers more nutritional value, greater health benefits, and is an ideal choice to be considered as "the other red meat." As the health benefits of goat becomes more widely known among the general population, the demand for alternative low-fat red meat should also continue to increase.

Health Benefits

The nutritive value of goat meat is becoming increasingly important in the health management of people. Not only is goat meat lower in total fat and cholesterol, but it is also lower in saturated fats than traditional meats. Less saturated fats and a relatively high proportion of total unsaturated fats make goat a very healthy meat choice. According to the Harvard School of Public Health, saturated fats (bad fats) increase the risk for cardiovascular disease and other chronic conditions, while unsaturated fats (good fats) improve blood cholesterol levels, ease inflammation, stabilize heart rhythms, and play a number of other beneficial roles.

Clinical trials demonstrate that dietary saturated fats increase LDL cholesterol levels, while monounsaturated and polyunsaturated fats may help decrease LDL cholesterol and increase HDL cholesterol levels in the blood. Based on these findings, a health claim can be made that goat meat helps to lower blood cholesterol and reduces the risk for atherosclerosis and coronary heart disease. Therefore, goat meat can be included in a heart-healthy diet.

Weight Control

Lean proteins, such as goat meat, may help you control your weight, which is a health benefit because obesity increases your risk for chronic conditions, such as heart disease and type 2 diabetes. Each 100 g serving of raw goat meat has only 109 calories and 21 g protein. Lean proteins are good for weight control because protein is a hunger-suppressing nutrient, so that you choose to eat less, according to the Harvard School of Public Health.

Support Healthy Blood Pressure

Goat meat provides only 82 mg sodium per 100-g serving. Too much sodium in your diet may lead to high blood pressure and an increased risk for stroke, kidney disease and heart disease. Healthy adults should not have more than 2,300 mg of sodium per day, according to the 2010 Dietary Guidelines from the U.S. Department of Health and Human Services. Reduce your sodium intake by eating fresh goat meat instead of salty protein foods, such as cheese, cold cuts and prepared chicken and beef dishes, which are among the top sources of sodium in the average American diet.

According to the American Heart Association, a diet that includes natural sources of potassium is important in controlling blood pressure because potassium blunts the effects of sodium. The recommended daily intake of potassium for an average adult is about 4,700 milligrams per day. With nearly 400 mg of potassium per serving, goat meat is a healthy source of meat protein for people working to keep their blood pressure under control.

Promote Heart Health

High levels of cholesterol in your blood raise your risk for heart disease, and a benefit of goat meat is that it has less than 1 g cholesterol-raising saturated fat per 100 g serving. Goat meat is a low-fat alternative to many meat-based sources of protein, such as fatty steaks, burgers or dark-meat poultry with the skin, which are high in saturated fat.

Prevent Nutrient Deficiencies

Goat meat supplies nearly 3 mg iron per 100-g serving. Iron is an essential mineral for preventing iron-deficiency anemia, which is a particular threat for women of child-bearing age, according to the 2010 Dietary Guidelines from the U.S. Department of Health and Human Services. Each serving of goat meat has 385 mg potassium, which is a necessary mineral for water balance in your body. Goat meat provides vitamin B-12, which is essential for healthy red blood cells, and niacin, which promotes energy metabolism.

Grazing for Hire

Besides meat another benefit provided by meat goat herds is the service of grazing for vegetation management. For example, Kathy Voth used goats to create fire breaks and help control forest fires in Utah and Colorado. Another goat grazing business is Ewe4ic Ecological Services, run by Lani Malmberg in Wyoming.



**Healthy People
+ Healthy Planet**
SUSTAINABILITY

Goats can effectively control kudzu, leafy spurge, multiflora rose, knapweed, and many other problem plants. The goats reduce the need for herbicides; increase the diversity of pasture plants, especially grasses; add fertility to the soil; and are able to control weedy areas that are difficult to treat with other methods. For example, steep slopes on water reservoir dams, utility rights-of-way, and fire breaks near urban areas may benefit from the use of goats to control vegetation.

Multispecies Grazing

Goats make a valuable contribution to maintaining the productivity of the pastures they graze, particularly when used in a multispecies grazing scheme. Many cattle producers have found that adding goats to their farm or ranch increases profits while improving pastures. Meat Goat Specialist Jean-Marie Luginbuhl of North Carolina State University believes that “you can add one or two goats per head of cattle without reducing beef production.” Goats and cattle do not normally share parasites, and goats consume plants that cattle avoid. This increases the amount of grass available for the cattle, as the suppression of brush allows more grass to grow.

Excerpt from article published in sheep! magazine, June/July 2001.

On his farm, Charles Reed has discovered, the goats eat for free. “You can run one to three does for each cow-calf unit and not change the stocking ratio,” he said. The goats don’t take feed away from the cattle. Instead, they eat the rough forage that cattle don’t eat, and create better pasture with more grass for the cattle. The kids produced by the goat herd add another 100 pounds or more net production to every stocking unit, he said. It works out about the same as if you were taking a 450-pound calf at weaning and adding another 150 to 200 pounds to the weight of that animal.

Dietary preferences for different livestock species

Species	Grass (%)	Weeds (%)	Browse (%)
Horse	90	4	6
Cattle	70	20	10
Sheep	60	30	10
Goats	20	20	60

From “Nutrient management in mixed specie pastures for goats,” An Peischel, 2005 Nutrition Conference, University of Tennessee, Knoxville.

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Too-Easy Pot Roast

- 5 pound **goat shoulder**
- 2 cups water
- 1 large onion
- 2 cloves garlic
- Worcestershire sauce
- Salt
- Pepper
- 5 medium potatoes

Put goat meat into roasting pot with water. Sprinkle well with salt, pepper and Worcestershire sauce. Add chopped onion and garlic. Put on lowest heat on stove. Cook for 5 hours. Add potatoes 1/2 hour before serving.

Savory Tips

- 2 T salad oil
- 2 lbs. **cubed goat meat**
- 1 tsp. salt
- 1.2 tap. garlic powder
- 1/4 tsp. oregano
- 1/8 tsp. ground cumin
- 1 large onion, chopped
- 1 T flour
- 1 10-oz. can Rotel tomatoes and green chiles
- 1 10-oz can water

Brown meat in hot oil. Add salt, garlic powder, oregano, cumin and onion. Cook until onion is soft. Sprinkle flour over all and allow to brown, stirring constantly. Add tomatoes and water. Simmer uncovered for 40 minutes, stirring occasionally. Most of the liquid will be absorbed. Serves 6.

Chevon Chops Jalapeno

- 4 **goat shoulders, inch thick, round bone or blade**
- 1 tsp. salt
- 1/2 tsp. ground pepper
- 1/2 tsp. ground cinnamon
- 1 8-oz. can crushed pineapple in juice
- 1/2 cup jalapeno jelly (can substitute apricot jam)
- 1/4 cup fresh lemon juice
- 1 T prepared mustard

Sprinkle the shoulders with a mixture of salt, pepper and cinnamon. Combine remaining ingredients in small sauce pan. Bring to boil, stirring until jelly is melted. Broil or grill chops 4 inches from source of heat 8-10 minutes on each side. Spoon sauce on goat last 5 minutes of cooking time. Makes 4 servings.

West Texas Cabrito Loaf

- 2 lbs **ground cabrito**
- 1/4 cup chopped bell pepper
- 1/4 cup chopped celery
- 1/4 cup chopped onion or dry onion flakes
- 1/4 cup shredded carrots
- 1 chopped Jalapeno (optional) fresh or canned
- 1 egg (beaten)
- 1 cup croutons, stale bread crumbs or stuffing mix
- 1 T each: salt, black pepper and garlic powder

Mix together all ingredients except meat and let stand five minutes. Add in 2 lbs. ground cabrito and mix well. Pack into loaf pan. Bake at 350 for 1 1/2 hours. Remove from oven. Mix 1/4 cup catsup and 1/4 cup BBQ sauce and spread over the top of loaf. Bake another 5 minutes and remove from oven. Serves 4.

Northern Chevon Stir Fry

- 3/4 lb. goat meat, cut into 1"x2" strips
- 3 T vinegar
- 4 T vegetable oil
- 1/2 c. chicken broth
- 1 large onion, chopped
- 1 bunch broccoli
- 3 medium carrots
- 10 mushrooms
- 2 tart apples

Marinate strips in mixture of vinegar, 2 T. oil and chicken broth, for 3 to 4 hours or overnight in refrigerator. Heat wok or electric frying pan until very hot.

Pour in the remaining oil. Add chopped onion to the pan and stir fry for 10 seconds. Add meat, removed from marinade. Cook 1 to 2 minutes, remove with a slotted spoon.

Pour marinade into the cooking pan. Add broccoli florets and carrot slices, cover and steam until tender. Return meat to pan. Add cubed apples and sliced mushrooms. Toss together until mixture is heated through.

Serve immediately over rice or pasta. Serves 8.



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