

# Cooking with Chevon



*A healthy  
alternative to  
chicken, beef,  
pork, or lamb*

## Especially Easy Chevon Pot Roast

- 5 pounds Chevon (shoulder or leg)
- 2 cups water
- 1 large onion
- 2 cloves garlic
- Worcestershire sauce
- Salt
- Pepper
- 5 Medium Potatoes

Put chevon into roasting pot with water. Sprinkle well with salt, pepper and Worcestershire sauce. Add chopped onion and garlic. Put on low heat in oven or lowest heat on stove. Cook for 5 hours. Add potatoes ½ hour before serving.

## Mediterranean Smoked Leg of Chevon

Marinate leg of chevon in herb & garlic marinade (can purchase a variety of marinades at local grocery store) for 3-8 hours. Brush surface and inside of chevon leg roast with olive oil. Rub roast with an herb mixture of: 3 T dry oregano, 2 T dry Thyme, 1 T dry Basil. Drizzle juice from 1 freshly squeezed lemon on the surface of the roast. Smoke meat on low for 2 hours uncovered in a smoker or grill. Cover & smoke meat 3 additional hours after wrapping meat in aluminum foil. Smoke until internal temperature of 140 degrees. Serve Warm.

## Chevon Stir-Fry

- ¾ lb. Chevon cut into 1" x 2" strips
- 3 T vinegar
- 4T vegetable oil
- ½ 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 3-4 hours or overnight in refrigerator. Heat wok or electric frying pan until very hot. Pour in remaining oil. Add chopped onion to the pan and stir fry for 10 seconds. Add meat, removed from marinade. Cook 1-2 minutes, remove with a slotted spoon. Pour marinade in to 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.*

## Chevon Burgers

- 2 lbs ground chevon meat
- 8 Oz Hickory barbecue sauce

Brush patties with sauce and grill or fry until cooked. Place on a bun and dress to your taste.

## Gourmet Mesquite Chevron

5-8 pounds of Chevron  
1 lb. Real butter  
1 cup green onion chopped  
2 T black pepper  
1 tsp. White pepper  
1 T salt  
1 cup white cooking wine (dry)  
3 T lemon juice  
4 cloves fresh baked garlic or  
chopped garlic  
1 mesquite fire or outdoor grill

Simmer butter, lemon juice, wine pepper, salt, onion and garlic in a sauce pan for about 15 minutes, until the flavors have blend well. Wash the goat with cold water and patdry with paper towels. Place Chevron in a large pan and baste with ½ to ¾ of the sauce. Cover and cook at 250 degrees for about 4 hours, until almost done. Then place goat on coals of a mesquite fire or grill with fire underneath. Baste with butter sauce and let it smoke until tender and done.

## Chevon Chops

(Great served with cherry demi glaze and grilled asparagus – recipes given below). Marinate chevon chops 3 hours in herb & garlic marinade (Lawry's). Season meat with your favorite rub- we like to use Excalibur-ultimate roast rub. Grill on slow heat until a medium internal temperature of 135 degrees. Baste with butter, optional, serve warm with bourbon cherry demi glaze, if you like

### *Bing Cherry Demi Glaze:*

Saute cherries lightly in butter with a little sugar added. Grill until cherries are soft. Flame off ¼ cup Bourbon. Add glaze and serve warm.

### *Grilled Asparagus:*

Brush asparagus with olive oil and season with kosher salt & pepper. Grill asparagus until tender. Serve warm with chevon chops.

## Meat Care & Preparation

Chevon which has been properly wrapped and promptly frozen at 0 degrees F can be kept for 6 to 8 months. Cooked chevon should also be chilled rapidly, covered and stored in the coldest part of the refrigerator.

Chevon can lose moisture and toughen quickly due to low fat content if it is exposed to high, dry cook temperatures. Therefore, two basic rules are: 1) cook it slowly (low temperature) 2) cook it with moisture.

Tenderness of meat cut determines the method or methods for cooking. Tender cuts of meat (legs, ribs, portions of the shoulder cut, the loin, roast and breast) are usually best when cooked by a dry heat method such as roasting, broiling or frying. Less tender cuts (stew meat, riblets and shanks) are tenderized by cooking with moist heat such as braising and stewing.

In general, it is advisable to cook the meat slowly. Cooking any meat at low temperatures results in a more tender and flavorful product with more juice.



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