

★ U.K. ★ BBQ ★ Week ★



Direct/
InDirect
grill



Final Temp
Cooked
Until Tender



120 mins



£10



Serves 4

RECIPE

Cabrito Al Disco



INGREDIENTS

750gms Kid Goat Meat
30ml extra virgin olive oil
1/2 onion
1/2 red pepper
1 garlic clove
2 tomatoes quartered
1 tsp smoked paprika
1 tsp black pepper
2 tsp salt
1 tsp dried oregano
1/2 tsp chilli flakes (or to taste)
1 glass white wine
1 can chopped tomatoes
2 spring onions
(we also added some bite sized chunks
of peeled new potatoes after adding the
tomatoes)

METHOD

1. Heat the bbq.
2. In a lidded pot over direct heat, brown the cubed meat in the olive oil, then add the onion, bell pepper, garlic and fresh tomatoes.
3. Cook until the onions are translucent, about 10 mins.
4. Add the spices, salt oregano, chilli and wine and cook until the alcohol has evaporated a bit.
5. Put the deflector plates in the bbq (ceramic) or move to the indirect heat side of your bbq and add the canned tomatoes and the potatoes to the pot.
6. Cover and cook on the bbq for about an hour, until the meat is tender. Add more water if it starts to dry out.
7. Serve in a bowl with the spring onions sprinkled over and some nice crusty bread

Recipe by Martin Anderson

Serve with Crusty Bread

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