



COURSE #72: GOAT BBQ WITH TOUPS' CORNBREAD

Recipe courtesy of Chef Isaac Toups of Toups' Meatery



Cook Time: 16 hours

Ingredients

1 whole goat

For Sauce:

- 1 Pint local honey
- 1 Pint sherry vinegar
- 1 T sambol

For Cornbread:

- 4 C cornmeal
- 4 C flour
- 2.5 C white sugar
- 2 T baking powder
- 2.5 C milk
- 1 lb butter (melted)
- 1/2 C honey
- 4 eggs

Instructions

Braised Goat: Separate forequarters and hindquarters on whole animal. Score rib bones with cleaver as close to spine as possible. Manually crack ribs from spine and continue to separate with cleaver or strong kitchen shears. Using large cleaver, separate spine into four equal pieces. Drizzle grape seed oil over all pieces of goat, just enough to lubricate. Season generously with salt, black pepper. Generously season with seasoning blend equal parts Aleppo pepper, chile de arbol and smoked paprika. Turn your grill to high and get to around 500 degrees. Char each piece of goat, turning frequently and then set aside. If you have access to a smoker, smoke meat for 3-4 hours or until tender. Have a pan under smoker to catch drippings, set those aside. If no access to a smoker, braise at 350 degrees in a covered pan with two quarts of water for 3-4 hours. Tear meat from bones and set aside.

Pour juice from goat into clear pitcher and skim all fat. Add bones and juice to stock pot and just enough water to cover bones. Bring to boil and simmer for 8 hours. After 8 hours, turn on high and reduce juice until thickened or about a cup. Add juice back to torn meat and adjust seasoning.

Sauce for Goat: Reduce ingredients in a thick-bottom sauce pan to one pint and run through strainer.

For Cornbread: Mix all wet ingredients together then add to dry, mix until smooth. Pour into greased baking dish and bake at 350 degrees for 45 min or until cake tester comes out clean.