

# Goat Meat

Need to Know



Ontario goat meat offers a hearty and healthy alternative that can be enjoyed by the whole family!

## Goat Meat Facts

- Approximately 75% of the world's population eats goat meat
- Goat meat is one of the most commonly consumed red meats around the world
- Goat meat tends to be leaner than many other red meats
- The most common meat goat breeds in North America include the South African Boer goat, Spanish Meat goat, New Zealand Kiko goat and the Tennessee Meat goat



## Did you Know?

**Cabrito** is the meat from goat kids 4-8 weeks old.

**Chevon** is meat from goat kids 6-9 months old, and 48-60 lbs.

## Nutritional Comparison (per 3 oz. cooked)

	Calories	Fat (g)	Saturated Fat (g)	Protein (g)	Iron (g)
<b>Goat</b>	<b>122</b>	<b>2.58</b>	<b>0.79</b>	<b>23</b>	<b>3.2</b>
Beef	245	16.0	6.8	23	2.0
Pork	310	24.0	8.7	21	2.7
Lamb	235	16.0	7.3	22	1.4
Chicken	120	3.5	1.1	21	1.5

## Nutrition Facts

Serving Size 3 oz.

Amount Per Serving

**Calories 122**

% Daily Values\*

**Total Fat** 2.58g **4%**

Saturated Fat 0.79g **4%**

Trans Fat 0g

**Cholesterol** 64mg **21%**

**Sodium** 73mg **3%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

**Protein** 23g **46%**

\*Percent Daily Values are based on a 2,000 calorie diet.

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Continued...

## The Perfect Holiday Fare

Goat meat is commonly consumed by many ethnicities around the world to celebrate various holiday's and special occasions.

- Christian holidays include Christmas and Easter
- Jewish holidays include Passover and Hanukkah
- Islamic holidays include the start of Ramadan, Eid ul-Fitr and Eid ul-Adha
- Goat is also commonly served during weddings, anniversaries and birthdays

## Did you Know?

Goat meat has less fat than chicken and other red meats. This is because goats tend to deposit their fat internally before they deposit it externally.

## Choosing your Meat

Common cuts of goat are similar to lamb or mutton. Goat meat should be:

- Light pink to bright red
- Firm
- Fine-grained flesh with well-distributed white fat

## Cooking Goat Meat

Cooking goat meat can be challenging because of its low fat content. Follow these steps to ensure flawless preparation.

- Cook at low temperatures. Due to the low fat content, goat meat can lose moisture and toughen quickly
- For safety, ground goat meat should be cooked to 160 °F
- For other cuts of goat, the meat should be cooked to reach an internal temperature of 145 °F
- For safety and best results, meat should rest for a minimum of three minutes before serving

## Chevon Garden Fresh Burgers

<b>Ingredients:</b>	2 tbsp. fresh thyme leaves
1 lb ground chevon	¼ tsp. cayenne pepper
¼ cup regular sour cream	½ tsp. salt
Finely grated peel of one lime	
1 tbsp. dijon mustard	
¼ cup finely chopped fresh basil leaves	



### Directions:

Preheat grill to medium. In a medium bowl blend all ingredients together. Mix well, then shape into 4 burgers, each about ½" thick. Grease grill and barbeque burgers with lid down until they feel firm when pressed and juices run clear. 7-10 minutes per side. Do not overcook. Serve on a crusty bun with your favourite toppings. Serves 4.