

good eatin'

GOAT

Kelly's Corner

BY JAN KELLY



Billy Goats Gruff are the Latest Culinary Craze

You can buy goat our local supermarket. From the birrierias street stands in Eastern LA to high-end restaurants throughout the country, goat has gone from a novelty to a menu item. The Greek and Italian restaurants serve young goat usually whole as a suckling pig is cooked and served whole. The Italians call it capretto. The Jamaicans prefer older animals and so prepare curry and stews. The Chinese marinate their goat in soy sauce, ginger, star anise and rice wine. The increase of Muslim immigrants creates a demand for goat in many parts of the country. In Columbus, Ohio, an influx of Somali immigrants had need of fresh goat for their diet- A "Halal" or Muslim slaughterhouse was built for their needs. Muslims have dietary laws as do the Jewish for Kosher meat. Our Indian population also uses goat as a staple. Some restaurants substitute lamb, thinking Americans would be squeamish about the unknown. But once tasted, most love it. Long gentle cooking is the answer, 12 hours average—whether marinated or stewed or wrapped in avocado leaves or cornhusks and steamed, the result is tender, tasty and most satisfying to the palate and stomach.

Goats have been raised in our culture mainly for cheese, yogurt and milk, the Saanen and Nubian breeds. Some goats are raised for mohair and cashmere. Boer goats, a South African breed, are becoming increasingly popular as meat goats as the demand increases. The Mid-Atlantic States, traditionally tobacco growing states, are being encouraged to raise goats, since they eat all vegetations, weeds included, and they like to roam and climb, free range and easy tending. It used to be there was a demand for

young goat and lamb at Easter for Greek and Italian immigrants. Now it is a multiethnic demand year round. It is entering the American diet as well. Personally, I feel the dairy products are superior to cow and better for the system. I have had all good experiences with goat meat, too.

While visiting Vieques, Puerto Rico, I had a unique experience with goat. While escaping the snow and cold, I stayed at "Chateau Relaxo" as we vagabonds nicknamed it or "Chateau Collapso." \$25 a night or \$100 a month, you do the math. The Viequans were friendly, hospitable and always having you join in their lives. I was invited to go to the beach one day with the entire family, 4 generations. I accepted, and when I arrived they were packing up an old truck. I was handed a hammock: "Here, this is my uncle's. He's on the mainland working for Disney World for 6 months. You can use it." Babies, dogs, people of all ages were piling in. A second truck had coolers and grills, more people and four kid goats. How quaint, I thought, to take your pet goats to the beach. What I didn't know is that we were going "to the beach" for a week. I slept in Uncle Amos' hammock. We swam and slept and ate and tended babies, and sang and danced and ate goat—slaughtered at the beach, rinsed in salt water marinated in a homemade BBQ sauce and grilled. I closed my inner eye and ate heartily. Delicious!

But now you can experience goat in Provincetown and we have a great goat cooker among us. Winsome Warren works for Bubala's by the Bay. Winsome explained to me that goat is a part of everyone's diet in Jamaica: "Most people own goats. It is a part of farming. They eat just grass and water. There are so many goats

in Jamaica. Most people have 10 heads. There is a Mr. Gayle TK in Southfield who has so many goats. Fish, chicken and goat are served in all the restaurants also."

Winsome had her own restaurant at Treasure Beach for three years until last year's storm wiped it out. "Berinthia Perkins of Wellfleet rented that land to me. Now I will find another spot not right on the beach. I like having a restaurant. I like being my own boss."

I ate at Winsome's while in Jamaica. The food was delicious and the restaurant so clean. A food handler's license is required but both cleanliness and cuisine were far above average. "I like coming to Provincetown. I look forward every summer. In Jamaica you are at one pace, here is so different. I like to work here and I like to make money. You meet a lot of friendly people in Provincetown and the turnover in the restaurant gives you energy. You can get drowsy waiting. You get experience here and you can learn more. You can advance. You can make money to make life easier in Jamaica. I do miss Jamaica. I miss my children- Tanesha is 21 and at university, Oceana is 11 and at primary school and Mark is 8 and at school. My sister Mazly cares for them. My husband Mark and I call them often. They will all help out in the restaurant when we build. Our tourist season is winter, the opposite of yours, so we are always busy. Having my children help makes them more independent and the money helps."

Winsome showed me a book she had just bought, Food of Jamaica from Periplus Editions written by New Orleans native Jon DeMers. Winsome Warren is represented in the book by her recipe for "Red Stripe Chicken." When Winsome told me the two favorite recipes served in her own restaurant, I decided to add them to this column since they are chicken and easier for everyday cooking. We have two goat recipes: curried goat and mannish water soup. A goat is slaughtered and the complete animal served at all feasts, weddings, and ceremonies. We speculated on the word mannish. Geographical location? Original creator of the soup? We came to think it would make the groom "mannish." The recipe calls for 5 pounds goat head and intestines, vegetables and spices. The goat curry seems more practical. The broths of Jamaica are so nourishing and delicious. At the beach on Sundays the fishermen boil down the fish heads and racks with spices to make fish tea. I make it regularly in my own home. So good. So here are Winsome's recipes which she so graciously shared with me. I'm going to cook Red Stripe Chicken tonight.

Thank you Winsome and good luck,

Jan Kelly

