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**GOAT  
MEAT**

DAGING	KOLESTROL (mg)	KALORI	LEMAK (gm)	PROTEIN (gm)
Kambing	63.8	122	2.6	23
Ayam	76	162	6.3	25
Lembu	73.1	179	7.9	25
Biri-biri	78.2	179	8.1	78.2



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### JABATAN PERKHIDMATAN VETERINAR

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JABATAN PERKHIDMATAN VETERINAR

# GOAT MEAT



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# Goat Meat

Often called chevon when from adults and cabrito or just kid when from young animals, is the meat of the domestic goat (*Capra aegagrus hircus*). While "goat" is usually the name for the meat found in common parlance, producers and marketers may prefer to use the French-derived word chevon (from chevre), since market research in the United States suggests that "Chevon eater" is more palatable to consumers than "goat eater". Cabrito is a word of Spanish origin for goat kid, and refers specifically to young, milk-fed goat. In the English-speaking island of the Caribbean, and in some parts of Asia, particularly Bangladesh, Nepal, Pakistan and India, the word "mutton" is often used to describe both goat and lamb meat, despite technically only referring to sheep meat.

## In Cuisine

One of the most widely-consumed meats in the world, goat is a staple of Africa, Asia and South/Central America, and a delicacy in a few European cuisines. The cuisine most well-known for their use of goat include Middle Eastern India, Pakistan, Mexican and Caribbean cuisine. Marinating goat chops

Goat has historically been less commonplace in American, Canadian and Northern European cuisines, but is finding a hold in some niche markets. While in the past goat meat in the West was confined to ethnic markets, it can now be found in a few upscale restaurants and purveyors, especially in cities such as New York and San Francisco. Bill Niman of Niman Ranch has recently turned to raising goats and he, along with other North American producers, tend to focus on pasture-based methods of farming.

Goat can be prepared in a variety of ways including stewed, curried, baked, grilled, barbecued, minced, canned, fried, or made into sausage. Goat jerky is also another popular variety. In India, the rice-preparation of mutton biryani uses goat meat as its primary ingredients to produce a rich taste. 'Curry goat' is a common traditional Indo-Caribbean dish.



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Cabrito is specifically goat kid, a regional specialty especially common in Latin cuisines such as Mexican, Brazilian and Argentine and is usually slow roasted. Southern Italian and Greek cuisines are also both known for serving roast goat in celebration of Easter. In the alpine regions of central Europe, goat dishes also are an Easter staple, often braised (Bavaria) or breaded and fried (Tyrol).

## Characteristics

Goat has a reputation for strong, gamey flavor, but can be mild depending on how it is raised and prepared. Despite being classified as red meat, goat is leaner and contains less cholesterol and fat than both lamb and beef. This makes it healthier to eat, but can require low-heat, slow cooking to preserve tenderness and moisture.

## Commercial meat production

Meat goats are minimal care animals that are browsers by nature, preferring brush, shrubs and broadleaf weed rather than grass. Boer goats raised for meat production are typically raised on pasture. The main reasons for this are twofold: pastured goats are on average healthier animals than pen-raised goats; secondly, it costs far less to raise Boer goats on diet of brush and weeds, than on bags of commercial feed. The ideal option is adequate year-round grazing with only mineral supplementation. Boer goats can be raised effectively in combination with cattle or sheep due to their preference for browse and the resulting limited impact on the grass cover. They do compete with other browsers, such as deer.



Trace mineral, especially copper, are particularly important to good goat health. Feed and mineral blocks marked 'for sheep and goats' should be avoided. Copper in quantities suitable for goats is toxic to sheep, so dual sheep/goat feeds will almost always lack sufficient copper for goat. Copper deficiency is known to cause anemia, diarrhea, infertility, spontaneous abortions and lethargy.

## Nutrient Composition of Goat Meat

Nutrient	
General	
Fat, g	12.3
Protein, g	22.0
Calories, Kcal	203
Cholesterol, mg	94
Minerals	
Iron, mg	2.2
Calcium, mg	25.3
Sodium, mg	77.1
Zinc, mg	4.3
Magnesium, mg	23.7
Potassium, mg	308.3
Phosphorus, mg	57.8
Copper, mg	1.7
Vitamins	
A, IU	34
Thiamin (B1), mg	.32
Pyridoxine (B6), mg	.17
Cobalamin (B12), mg	.56
Pantothenic Acid, mg	.30
Niacin, mg	2.52
*USDA	

