

## Seasonings for Ground Goat

Easy seasoning favorites include: garlic, oregano, basil, mint, thyme, rosemary, cumin, sumac (a popular Middle East flavoring). Lemon pepper and seasoned salt are also used.

Easy sauces or toppings include: Italian salad dressing, sweet and sour oriental sauces, sautéed onions, feta with Greek seasonings and, of course, barbecue sauce.



## Cooking Ground Goat

Grill ground goat with your favorite seasonings. Goat is best cooked to medium or medium well using a small amount of olive oil and butter on a flat grill or heavy skillet.

Goat meat is 50-60% lower in fat than similarly prepared beef, but has similar protein content. The US Department of Agriculture also has reported that saturated fat in cooked goat meat is 40% less than that of chicken, even with the skin removed.

## Recipe Favorite

1 pound of Ground Goat  
1/8 cup Worcestershire sauce  
1 teaspoon of Sumac (or any favorite if Sumac is not available)  
Garlic Salt  
Pepper

Form into one-third pound patties  
Grill with olive oil and butter (I used an iron skillet)  
Topped with sautéed onion and served on a bun with lettuce and tomato on the side.

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