



The Goat Source

Cooking With Goats Recipes for Using Your Goat Products

By Leslie A. Applegate
The Goat Source
13611 NCR 9
Wellington, CO 80549
Copyright by The Goat Source
August, 2005
All Rights Reserved

No part or portion of this publication may be reproduced or transmitted by any means mechanical, or otherwise without express written consent of The Goat Source.

www.goatsource.com
goatsource9@cowisp.net

COOKING WITH GOAT PRODUCTS

One of the most satisfying things about raising goats is cooking with the products that you get from them. Delicious deserts and hearty main dishes are all just a recipe away!

Recipes with Milk and Milk Products (Milk, Butter, Yogurt, and Cheese)

SWEET MILK SCONES

2-3 cups unbleached flour

1 tsp. baking soda

2 tsp. cream of tartar

Salt to taste

4 TBS (½ stick) butter (Use sweet goat's butter)

¾ cup sweet fresh goat's milk

Preheat the oven to 450°. Lightly grease a baking sheet and set aside.

Sift together the flour, soda, cream of tartar, and salt. Using a pastry blender or your hands cut in the butter (or pulse in the food processor) until the mixture looks grainy, like coarse crumbs.

Pour the milk in a well in the center, and mix until soft elastic dough is formed. (If using a food processor, be very careful not to overmix, as this produces a tough scone).

Knead the dough lightly on a floured surface until smooth, and press with the hands or roll the dough into a pad about ¾ inch thick. (If the dough is rolled to thin, the scones don't rise properly).

Cut into 2½ or 3 inch rounds with a glass or a cookie cutter, and bake on prepared sheet for about 10 min. or until they rise and are golden,

Yield: 8 scones

Honey Scones

Using basic recipe for Sweet Milk Scones, Substitute $\frac{1}{4}$ cup orange juice and $\frac{1}{2}$ cup milk for $\frac{3}{4}$ cup milk, and add 2 TBS honey, the grated zest of 1 lemon and 1 TBS chopped walnuts to the dough before rolling it out. Cook as normal for sweet scones.

Jam Scones

Make the basic dough for Sweet Milk Scones and Divide it in two. Roll out both pieces to $\frac{1}{2}$ inch thickness, and form each into a large round or rectangle. Brush the edges of one piece with a beaten egg or with milk, and spread 2 TBS fruit jam to within an inch of the edge. Put the other piece of dough on top, and press lightly around the edges to secure the sandwich. Lightly score the top into squares, cutting only partway through, brush the top with beaten egg, and bake as above.

Fruit Scones

Using the basic Sweet Milk Scones recipe, add up to $\frac{1}{2}$ cup of soft fruit such as blueberries, raspberries, sliced strawberries, or chopped mango along with a few spoonfuls of sugar if needed, to the dough before it is rolled out. Proceed as above.

Cheese Scones

Add 1 generous cup of grated cheese to the basic dough, before rolling it out. Cheddar is a great choice, but any kind you fancy will do.

Bread – Yeast breads & Quick breads

Pizza Dough

1 ¼ cups flour	½ cup water
1 pkg. yeast	½ cup goat's milk
3 TBS sugar	3 TBS oil
1 tsp. salt	1 egg

Combine flour, yeast, sugar and salt in a large bowl. Heat the water, milk, and oil until warm (about 78°). Add egg and warm liquid to flour mixture. Knead, adding more flour as necessary until smooth dough forms. Cover, let rise till doubled. Punch down and stretch out on a lightly oiled pizza pan. Top with your favorite pizza sauce & toppings and bake at 350° until golden brown and toppings are done. The same recipe may be used for sweet rolls. Top with chopped fruits and nuts, roll jelly roll style and cut into ½ to ¾ inch slices, then bake in a glass pan at 350° until golden brown.

Jalapeno Cornbread (VERY HOT!)

3 cups corn bread mix	2 ½ cups goat's milk
½ cup salad oil	1 clove garlic, minced
1 ½ cups shredded Cheddar Cheese	
½ cup jalapenos, diced	2 TBS sugar
3 eggs beaten	1 lg. Onion, chopped
¼ LB bacon, fried crisp, crumbled	

Grease pan, dust with flour and corn meal, Mix together, bake at 425° for 35 min or until bread is done. Enjoy!

Special French Bread

1 loaf French Bread

½ cup sweet goat's butter

1 LB Swiss cheese (or substitute your favorite goat cheese), sliced

1 lg. sweet onion, sliced thin

2 TBS poppy seed

Slice the bread in 1 or 1 ½ inch sliced, almost all the way through. Combine butter and poppy seed. Spread butter mixture between slices, Place a slice of cheese and a slice of onion between each piece. If using a soft cheese, spread with a knife in between each slice. Wrap loaf in foil. Heat in oven at 350° for 15 min. plus a few min to melt cheese thoroughly. Serve as an appetizer or to accompany any meal.

Baked French Toast

10 thick slices of French Bread

5 eggs

2 cups half and half (milk from the top of the jar)

2 tsp. pure vanilla

2 TBS goats butter

2 TBS canola oil

Powered sugar

Your favorite jam, jelly or syrup

Beat eggs with half and half and vanilla. Heat butter and oil in a large skillet over medium heat. Dip bread in egg mixture until thoroughly coated and sauté until golden. Place all of the toast into a cookie sheet and let cook in the preheated oven at 375° until puffed (about 8 to 10 min.) Dust with powdered sugar and serve immediately with jam or jelly.

Yogurt

Yogurt is a fermented milk food, which can be made at home with your own goat's milk. You can use it as a substitute for sour cream or buttermilk, make your own drinks with it or just eat it as is!

You need a culture to make yogurt. Go to the grocery store and buy a small container of commercial yogurt with live cultures and use that as a starter or order pure culture from one of the goat supply houses. You can buy a yogurt maker or you can use clean canning jars with new lids. Use a dairy thermometer to pasteurize the milk (175° for 15 seconds) and cool quickly to 115° approx. Or test on your wrist as you would for a baby bottle (don't burn yourself!) Add the culture and stir. Pour into sterilized jars and cap. Put in a warm place – On top of the water heater overnight, wrapped in a towel works. Don't let it get cold or the culture will stop working. Goat's milk tends to make a very soft yogurt, not firm like the store kind. The addition of powdered dry milk will make it have a little more body. Refrigerate and eat with your favorite fruit or add milk and make a frothy health drink.

Some of my favorites are fresh strawberries and honey, or blueberries and honey. Take yogurt and orange juice and whirl in the blender with shaved ice for a refreshing drink. Use yogurt as a sour cream substitute to put on your baked potatoes. Creative dips can be made with a yogurt base. Or, add finely chopped herbs and strain it through a small mesh cheese cloth and make a tangy yogurt cheese. Get creative and see what you can do!

Cheese

There are many fine books on cheese making and most of them are widely available and inexpensive. When you are drowning in milk, think CHEESE!!

Soft cheeses are easy to make and easy to use. Most chip dips can be made with a cottage cheese base. Tangy spreads with all kinds of herbs from your garden can be easily made. Make a basic FROMAGE BLANC, add your favorite condiments (bacon and onion is good) and serve with crackers. You can make this easy cheese with the starters that are readily available. See the end of this document for a resource list.

Remember that fresh goat's cheese needs to be used quickly or it will spoil. It can be frozen but loses much of its texture and some flavor.

I will not give any specific recipes here, because so many people have done it much more extensively and so much better. Just remember, you can make lots of varieties of cheese at home and use them in your favorite recipes. If you don't like to have such high fat content in your cheese, consider separating the milk first and using the cream to make butter, which freezes quite nicely and can be used in your baked goods.

Butter

My first butter making experience came in kindergarten, where we sat in a big circle and passed a jar of cream around, taking turns shaking it until it turned into butter. We then ate it on saltines. Even though it was cow's cream, it was wonderful and I was hooked!

Separate your milk. A cream separator is almost a necessity with goat's milk, although you can skim cream off of the top of milk that has been refrigerated for a couple of days. Used ones are available if you look hard (New ones are in the catalogs of most of the goat supply houses but they are expensive).

Use day old cream or it won't make butter as easily. It should be just about room temperature, or a little cooler. Place in a clean jar and shake gently until the specks of butter begin to come together. When most of the butter is clumped together, pour off the buttermilk (this is the real stuff and I always like to drink it) and work the butter in a bowl of ice cubes with a spatula. Pack into a container and refrigerate. Use as you would any other kind of butter. If you like, add a small amount of salt to the butter as you work it. Freeze any that you are not going to use immediately or it will spoil.

Butter may be made in the blender easily. Be careful, or it will turn into whipped cream. Jog the blender with your cream in it until the butter comes together and then proceed as above. Remember goat's butter is white – if you want it yellow, add butter coloring while working it, available at the same places that sell cheesemaking supplies.

I hope you enjoy this free gift. Having goats is one of the joys of my life and making delicious things to eat makes it even better!!

Copyright by The Goat Source

August, 2005

All Rights Reserved

No part or portion of this publication may be reproduced or transmitted by any means mechanical, or otherwise without express written consent of The Goat Source.

www.goatsource.com

goatsource9@cowisp.net

Leslie, The Goat Source

This page was created using **easyPDF** demo software.

To purchase, go to <http://www.bcltechnologies.com/easypdf/>

RESOURCES

The Goat Source

<http://goatsource.com/Resource.htm>

Leeners - Cheese starters

<http://www.leeners.com/cheesesupply.html#mesophilic>

New England Cheesmaking Supply

<http://www.cheesemaking.com>

Caprine Supply

<http://www.caprinesupply.com/>

Khimaira

<http://www.goatconnection.com/cgi-bin/cookbook/recipe.cgi>

The Goat Farmer

<http://www.caprine.co.nz/wa.asp?idWebPage=4516&idDetails=142>