

Braised Goat Shanks in BBQ

4-6 goat shanks, depending on size
½ cup AP flour, seasoned with salt and pepper
4 cloves of garlic, minced
6 cups of stock, beef preferable
2 sprigs fresh rosemary
¼ cup apple cider vinegar
¼ cup maple syrup
¼ cup brown sugar
1 bay leaf
Oil for cooking
Salt and pepper to taste

Preheat oven to 325 ° F. Heat a heavy bottomed, oven safe pot (such as a Dutch oven) over medium high heat. Drizzle enough oil to coat the bottom of the pot. Individually salt and pepper each shank individually. Dredge each shank in a light, even coat of seasoned flour. Carefully add the shanks to the pot to avoid splattering hot oil, working in batches if necessary. Brown all sides of the shanks and remove to another pan for a moment.

Lower the heat to medium and add the onion and garlic to the pot. Saute and stir frequently until translucent, about 3-4 minutes. Carefully pour the vinegar into the pot and scrape up any of the browned bits, deglazing the pan. Add the rosemary sprigs, maple syrup, and brown sugar.

Return the shanks to the pot and pour in enough stock to barely cover the shanks. Place a lid on the pot or cover with foil and place in the oven for 1 ½ hours. Remove the lid from the pot and continue to braise for another 30 minutes to an hour until the meat is ready to fall off the bone. Remove from the oven and let rest for a few minutes. Transfer the shanks to a plate to cool.

You can reduce the braising liquid by returning it to the heat and simmering until about ½ the volume. Strain and skim the fat. This can be used to moisten the shredded shanks and even added to your BBQ sauce. When the shanks are cool enough to touch, pull the meat off the bones and shred into chunks or bite sized pieces.

BBQ Sauce

2 cups ketchup
½ cup apple cider vinegar
¼ cup packed brown sugar
2 tablespoons honey or sorghum
1 tablespoon Worcestershire sauce or
1 tablespoon lemon juice
1/4 teaspoon hot sauce optional
1teaspoon granulated garlic
1 pinch of salt
1 small pinch of pepper

Whisk together all ingredients in a medium saucepan situated over medium heat. Allow to come to a slight boil, then reduce the heat to low. Allow to simmer until thickened, about 10 minutes.

Cheese Grits

1 cup stone ground grits

4 cups water

1 cups milk or cream (or another cup of water)

1 teaspoon salt

1 cups shredded cheese

Optional: 1 small pinch cayenne pepper

1 pinch white pepper

Heat water and milk or cream just under a boil. Whisk in grits and bring back to a boil then turn immediately to a low simmer, cover and let cook, stirring frequently for about 15 minutes. When grits have absorbed liquid and are toothsome but not crunchy, remove from heat, add cheese, cayenne (optional), and white pepper. Taste for salt and re-season.