

Spiced goat cutlets with okra and pumpkin ratatouille on camel milk polenta

by Chef Jason Ford

- | | |
|--------|------------------------------|
| 2 tbsp | olive oil |
| 1 | clove garlic, crushed |
| 1 | small onion, finely diced |
| ½ | eggplant, 1cm dice |
| 6 | okra, sliced |
| ½ cup | butternut pumpkin, 1 cm dice |
| 1 | tomato, 1cm dice |
| 4 | sprigs basil leaves, torn |
| | salt and pepper |
| 6 | goat cutlets |
| 1 tsp | cumin, ground |
| 1 tsp | coriander, ground |
| 1 | garlic clove, crushed |
| 1 tbsp | olive oil |
| 1 cup | camel milk |
| ¼ cup | polenta |
| 1 tbsp | butter |
| 3 tbsp | parmesan, grated |
| | salt and pepper |



Ratatouille method

1. In a deep fry pan, heat the olive oil.
2. Add the onions and garlic and cook until soft and tender.
3. Add the eggplant, okra, pumpkin and tomato, cook on a gentle heat until vegetables soften.
4. Stir through fresh basil and season to taste.

Goat method

1. Combine olive oil, cumin, ground coriander, and garlic.
2. Rub mixture into goat cutlets.
3. Heat a grill or frying pan to medium-high heat, and cook goat cutlets for approximately 2-3 minutes each side. Cook until medium, careful not to overcook.
4. Allow to rest on a warm plate covered with alfoil.

Polenta method

1. Bring camel milk to boil in a saucepan.
2. Gradually sprinkle polenta into simmering milk while whisking.
3. When the mixture has thickened to a smooth consistency, add butter, grated parmesan and season with salt and white pepper.
4. Stir until all the ingredients are combined

To present

1. Spoon polenta on plate.
2. Top with a serve of ratatouille
3. Arrange goat cutlets on top.

Serves approx. 2 people