

Recipes



Honey Glazed Goat Roast

Serves 4 -6

Ingredients:

- 1 rolled shoulder roast; ~ 2 lbs.
- salt and pepper to taste
- 3/4 cup brown sugar
- 1/4 cup honey
- 1/4 cup orange juice
- 1.5 cup water

Preparation:

Preheat oven to 350 degrees F.

Place roast on a rack in a small, open roasting pan. Season the meat with salt and peppers to taste. Cook for 30 minutes.

Prepare glaze: Combine brown sugar, honey and orange juice; mix well.

After roast has cooked for 30 minutes, remove roast from oven and apply glaze evenly on all sides. Save some glaze for basting through out cooking. Add water to bottom of pan to prevent glaze from sticking, and return roast to oven.

Continue roasting uncovered, basting occasionally until desired doneness ~ 1-1.5 hours.

Test with a meat thermometer: 140 degrees F for rare, 160 degrees F for medium.