

Grilled and Marinated Lamb or Chevon (Goat)

Serves 4

1 ½ pounds of Chaffin Family grass fed lamb or goat shoulder, chops, or leg roast

Marinade (see two versions below)

Bamboo skewers

BBQ Grill

Cut meat into 1½ inch cubes. Slice each cube ½ way through the center, butter flying the meat in this manner will allow it to absorb more of the marinade, thus improving the flavor. Prepare a marinade from one of the selections below and pour into a nonreactive bowl, add the meat, marinate for 8 hours or overnight.

When you are ready to cook, remove the cubes, and thread them on water soaked wood skewers. Grill over very hot coals, uncovered, rotating each kabob one-quarter turn every minute and a half until the meat is browned (about 6 minutes).

Marinade #1

1 cup plain yougurt

¼ cup Chaffin Family olive oil

3 cloves chopped garlic

1 tsp. coarse salt

1 tsp. red pepper flakes

1 tsp. black pepper

Wisk all ingredients in a bowl and store chilled.

Marinade #2

½ cup dry red wine

¼ cup tomato paste

¼ cup Chaffin Family olive oil

1 tsp. salt

2 Tbsp. red wine vineager

1 large chopped onion

3 cloves chopped garlic

1 tsp. dried marjoram

1 tsp. pepper

½ tsp. red pepper flakes

¼ tsp all spice

Wisk all ingredients together and store chilled.