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Georgia Grown

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5 LEMONADE
RECIPES
YOU'LL LOVE

THE DISH

ON ATLANTA'S
DINING SCENE



CHAMPAGNE BLUEBERRY TOAST
Vin25 Bistro and Wine Bar
recipe on page 40

SUMMER 2013 \$4.95



Display until September 1

GET YOUR GOAT

GOTCHA GOAT LLC

Through his company Gotcha Goat LLC, local entrepreneur David Martin hopes to grab the global goat market by the tail. For the past six years, Martin, along with partners Bruce Dobbs and Frances Martin, has been working with Tuskegee University, Fort Valley State University, local farmers, state and federal politicians, and USDA representatives to develop the only branded goat meat effort in the country. "Our goal is to make Georgia the goat-producing capital of the United States," he explains. To make goat farming economically feasible for herds of any size, Gotcha Goat gives advice about raising goats; coordinates gathering and transporting the animals to USDA certified processing plants; and sells the fresh processed meat to stores such as Kroger. (If your favorite location doesn't carry it, just ask the butcher, who can procure it for you.)

Though it's not common on American menus, goat is the most widely consumed meat in the world and boasts nutritional values that trump lamb, beef, pork and even chicken. Goat meat has a place in a multitude of ethnic cuisines, including Indian, Chinese, Greek and Persian; it's widely consumed throughout Central and Latin American countries and the Caribbean. "We want people to understand that goat is a good meat—it doesn't have to be curried," Martin says. (Visit flavors.com for a recipe for goat stew that can be made with ingredients from most American pantries.*) "Since it's so low in fat, it needs to be cooked low and slow. It'll fall off the bone, it's so tender." And in burger form, goat cooks up just like regular beef, inspiring Martin to promote the "Go-burger." "It makes a wonderful-tasting burger that has less fat and cholesterol!" he says.

Gunshow Owner and Executive Chef Kevin Gillespie needs no convincing. "I've always adopted pushing new limits. I think one of the biggest trends right now is people beginning to experiment with different proteins," the chef says. "Ten years ago, we struggled to sell rabbit and squab. Now diners are excited to order different things. Every time I throw that curveball that I think no one is going to swing at, they do. It makes me happy to know that." Charbroiling a whole goat has been a Gillespie family tradition for years. "Everyone who tries it for the first time says 'that's amazing.' I've had no detractors so far," he says.



Most goat meat in the United States is imported from Australia and New Zealand and can be frozen for up to two years. Not so with Gotcha Goat's product, which is sold fresh, never frozen. "Ours doesn't have that gamey taste," says David Martin, shown here with wife and co-founder Frances Martin and a plate full of delicious goat burgers.



For Chef Gillespie's recipe for *Barbecued Goat with Kentucky-Style Sauce*, see page 72.



*For Gotcha Goat's recipe for *Gotcha Goat Meat Six Spot's Stew*, shown here, see page 70.

Georgia's climate and terrain are ideal for goats, and not much land is needed to raise them. They come in handy for kudzu and weed removal and are often used to clear out underbrush to prevent forest fires. 👍



(referenced on page 20)

Guinea Fowl Galette

Recipe by James Snyder, Chef/Owner, Seasons

Yield: 8 to 12 servings (2 galettes)

- 4 serrano peppers, seeded, deveined and chopped
- 4 cloves garlic, minced
- 3 tablespoons butter, divided
olive oil as needed
- 1 medium eggplant, peeled and cut into 1/2-inch dice
- 2 bunches scallions
flour as needed for rolling
- Galette Dough** (recipe included)
- 2-3 handfuls baby lettuce greens or spinach
- 1 guinea fowl, roasted and boned*
Sauce (recipe included)
- 2 small zucchini, cut into 1 1/2 inch julienne
grated Romano cheese to taste
(Chef Snyder prefers Locatelli)
salt and pepper to taste
cream as needed

Using a skillet, sauté peppers and garlic in 2 tablespoons butter and olive oil until limp. Remove to bowl with slotted spoon and set aside. In the same skillet, sauté eggplant until lightly browned and set aside. Slice scallions using all of the white part and only 1 inch of the green part; sweat in remaining butter in another small sauté pan. (It is important to have ingredients ready and on hand so that the dough does not get too warm and soft during assembly.)

Assembly

Preheat oven to 375 degrees. Roll out dough into 14- to 16-inch rounds. Use plenty of flour to keep dough from sticking. Roll first round over rolling pin and transfer to a square baking pan covered with parchment paper. Repeat with remaining round.

Place greens in an even layer on both rounds of dough, leaving 2 1/2 to 3 inches uncovered around the edges (these will be turned up later to form the galette.) Place generous-sized chunks of guinea fowl on top of greens, using about 1/2 to 3/4 pounds of meat per galette. Top meat with serrano/garlic mixture and eggplant (both room-temperature so as not to over-soften the dough), then ladle a generous amount of **Sauce** on top of roasted bird/vegetable mixture, but not so much that it runs out onto the dough. Sprinkle scallions, zucchini and cheese on top. Add salt and pepper to taste.

Begin folding a bit of dough toward the center. Paint 1 end of the fold with cream (or water) and fold another bit and so on until you have made a rough hexagon with the center open. Repeat with second galette. Bake for approximately 45 minutes or until galettes are nicely browned. Let them sit for 10 minutes, then slice along the angles of the hexagon or cut into quarters.

**Rub guinea fowl with oil or butter and season with salt and pepper. Bake in a 325 degree oven for about 1 hour. To avoid a stringy hen, it will not be cooked all the way through at this point for this recipe.*

Galette Dough

- 1/2 teaspoon salt
- 2 cups all-purpose unbleached flour
- 1 1/2 sticks cold butter

For the Galette Dough

In a large bowl, mix salt and flour with a whisk. Cut butter sticks into 1/4-inch cubes. (Make 4 cuts lengthwise, then turn and make 4 more lengthwise cuts, then cut into 1/4-inch lengths.) They will be stuck together, but that's OK. Do not shortcut this or it will take much, much more time to blend the butter with the flour. Throw butter cubes into flour, then blend 2 to 3 minutes with a pastry blender until butter is the size of corn kernels. Prepare 1/2 to 1 cup ice water and add it a bit at a time, stirring constantly to avoid using too much water.

Gather dough together, remove to a flat surface, form into a rough rectangle and push from the end farthest from you with the heel of your hand. Push 3 or 4 times down the length of the dough. Fold, turn and do it again, and again. (You're not kneading the dough, just blending; 3 times should blend the butter, water and flour.)

Cut in half (this is enough to make 2 galettes) wrap each half in plastic and press into hockey-puck shaped discs. Refrigerate for at least half an hour, or freeze for up to 1 week.

Sauce

- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 cups hot chicken broth
several sprigs fresh oregano (or
1 1/2 teaspoons dried)
- 1 cup cream or milk (optional)

For the Sauce

Melt butter in a saucepan. Whisk in flour and let mixture bubble, whisking for 3 to 4 minutes. Whisk in hot broth, then turn down heat and let thicken. Add oregano and simmer for 10 to 15 minutes more to infuse the flavor. (If you want a creamier sauce, whisk in 1 cup cream or milk after adding stock. The mixture will puff up immediately and thicken.) Strain Sauce and set aside.

Seasons

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(referenced on page 21)

Gotcha Goat Meat

Six Spot's Stew

Recipe by David Martin, Co-Founder and Owner, Gotcha Goat

Yield: 4 servings

- 1 1 1/4 pound package "Gotcha Goat" bone-in goat meat chunks
- 12 ounces Six Spot's Old-Fashioned Speciality Sauce* (or your favorite tomato- vinegar-based sauce or marinade)
- 1 medium onion
- 1/2 green bell pepper
- 1 1/2 stalks celery
- 2-3 garlic cloves
- 3 tablespoons vegetable or olive oil
- 1 package cherry tomatoes

For best results, marinate meat in Six Spot's Old-Fashioned Speciality Sauce 4 to 6 hours prior to cooking. (If unable, that's OK!) Dice onion, green pepper, celery and garlic. In a Dutch oven or similar pot with a lid, heat oil over medium heat and add vegetables. Sauté until soft; add goat meat along with the marinade and 1 cup water. Cover and cook until meat is tender (about 2 hours). Once meat is tender, add tomatoes, cover and cook until tomatoes are soft. Serve over rice or noodles if desired.

You can add other vegetables, such as okra and/or corn, at the same time as the tomatoes.

This dish can also be cooked in a crockpot overnight or while you are at work.

Gotcha Goat LLC
gotchagoat.us



**To find Six Spot's Old-Fashioned Speciality Sauce, visit sixspotsinc.com.*