

Sunvil Supper Club

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May 2016 - Skopelos Goat and Prunes



Ingredients (serves 4)

- 1 leg of Skopelitan goat (1.5 kilos) or lamb as an alternative
- 2 white onions
- 4 cloves of garlic
- 1 carrot
- 2 bay leaves
- 4 cloves of allspice
- 2 cloves of star anise
- 100mg brandy
- 100mg white wine
- 25 prunes from Skopelos
- salt and pepper

Ingredients for the broth

- 1 kilo of bones for your broth
- 1 white onion
- 1 carrot
- 1 stalk of celery

Method

Remove the extra fat from the goat leg and portion the meat into 4 pieces and rinse with water then dry with kitchen paper.

Heat some olive oil in a casserole pot and add the meat to brown for a few minutes and then remove. Meanwhile, chop the onions into small pieces and add to the casserole pot. Chop the carrot and garlic and add to the casserole pot, saute for about 5 minutes.

Add the meat and brandy to the casserole pot, mix together then add the wine and mix it all again. Add the broth to the casserole pot until the meat is completely covered and add salt and pepper.

Add the spices and cover with a lid and let it all cook for 1 hour and 15 minutes on a low heat. When the food is ready add the prunes and cook for 10 minutes. Taste for seasoning.

The Skopelos prunes will give the dish a taste of sweet and sour. It is important to use the local products (Skopelos goat and prunes) to make sure you taste the true traditional flavours, but supermarket bought prunes will work just fine.

Serve one piece of meat together with 5 prunes and as a side you can serve with rice and roast lemon potatoes.

Ta Kymata (Angelos Taverna) is the oldest taverna in Skopelos Town and has always been in the same family. The four brothers who currently run the taverna are the fourth generation after their great grandmother started it in 1896.

The brothers Rigas, Christos, Andreas and Christoforos started helping their father and uncle in the taverna as children!

The name of the taverna means 'The Waves' and is located at the end of the Old Port with beautiful views over the water and the bay of Skopelos. It is also often referred to as Angelos Taverna, the name of the brothers father.

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