

Recipe

May Day goat with asparagus



May Day goat with asparagus tips

For the olive tapenade
85g/3oz black olives, stones removed
3 tbsp extra virgin olive oil

For the goat marinade

2 tbsp olive oil
½ tsp cayenne pepper
1 tbsp brown sugar
1 tbsp clear honey
½ orange, juice
1 tbsp sesame seeds
salt and freshly ground black pepper
4 goat cutlets

For the asparagus

1 tbsp olive oil
¼ onion, chopped
100g/3½oz asparagus tips, chopped
pinch cayenne pepper
1 tbsp chopped fresh parsley
1 tbsp chopped fresh mint

To serve

2 dried apricots, chopped, sprig mint

Method

For the olive tapenade: blend olives and olive oil in a food processor until smooth, leave to one side. For the goat: mix all ingredients in a bowl, then place goat cutlets in the marinade. Heat a pan over a medium heat, add marinated cutlets and sauté for 4-5 mins each side. Remove from pan. For the asparagus: chop in 2cm sections, the first 1/3-2/3 of each asparagus. Heat oil in a frying pan over a medium heat, add onion and asparagus, cover and sauté for 5-6 mins. Add cayenne pepper and chopped herbs. Stir until asparagus and onion is coated. Sauté for another 2-3 mins, or until tender.

FARMERS' MARKET *of the month*



With Benjamin Dent,
chairman Kent Farmers'
Market Association

From a handful of stalls in 1999, Wye Farmers' Market now has more than 20 stalls gathering twice a month. The award-winning market is one of only three other markets with certification from The National Farmers' Retail and Markets Association (FARMA) whose tough guidelines ensure customers can always be sure of quality and consistency.

First set up by Richard Boden, past student of Wye Agricultural College, Wye Farmers' Market has not only remained true to its local ideals, but now offers a fabulous variety of produce from seasonal fruit and vegetables, through meat, game, fish, jam and preserves, to delicious bread and cakes.

Undoubtedly one of the most unique and original stallholders in the market at the moment, is Wye Goat Farm which appears on the first Saturday market each month with a stunning goat curry sold with delicious Sri Lankan pancakes called Dosa.

Kumar, the owner of Wye Goat Farm, was born in Sri Lanka on a farm surrounded by goats and cattle and went on to study agriculture in India. Initially attracted by the bright lights of the tourism industry, the recession saw him longing to return to his farming roots.

Kumar furthered his studies in sustainable agriculture at Wye College and went on to realise his childhood dream, setting up his sheep and goat farm in the North Kent Downs.

He says that most 'goat' meat sold in London is actually mutton, while goat farmers traditionally farm intensively. "Our goats range freely in woodlands and on grassland in Wye and Chartham living a happy free-range life, while conserving the status of the grassland," he explains. "Their varied diet means that their meat is particularly tasty, too!"

The year-old business has become a family affair, with Kumar's daughters, Daisy and Molly, pitching in with their delicious Sri Lankan cooking. So why not come and try for yourself on the May Day Wye Farmers' Market? Wye Goat Farm can be contacted on ✉ wyecowman@yahoo.co.uk or ☎ 01233 811771



Find us

Wye Farmers' Market takes place on the first and third Saturday every month from 9am to 12pm. The market is held in the picturesque setting of The Green, Wye TN25 5AH, just off the A28 between Ashford and Canterbury. There is free parking in the village. Situated by the ancient college building with a lovely green to play on for the children, there's a food stall serving delicious sausages and iced buns for all the family.



To contact the
Kent Farmers'
Market Association:
☎ 01892 870666
✉ info@kfma.org.uk

To find your nearest Farmers'
Market, please visit
kent.greatbritishlife.co.uk

NEXT MONTH: **Hempsted Valley**