

Compère Lapin



Chef Nina Compton ~ Curried Baby Goat with Plantain Gnocchi



FROM INDIA TO THE WEST INDIES

Garam Masala is quintessentially Indian, but it travels quite well. The spice blend, which may include black pepper, mace, cinnamon, cloves, nutmeg and cardamom, among other things, is part of cuisines across South Asia, and it's not just the Eastern Hemisphere. Garam Masala is one of a few Indian spices common in Caribbean dishes like goat curry.



Garam Masala



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CURRIED GOAT WITH PLANTAIN GNOCCHI

535 Tchoupitoulas, New Orleans, LA 70130 (504) 599-2119 comperelapin.com

CHEF NINA COMPTON isn't just from St. Lucia; her dad was the prime minister and regarded as "Father of the Nation." Needless to say, the island is in her blood, and its flavors are in her food. Compton's career kicked off on her home island and continued in New York City and Miami. She discovered New Orleans while competing in Bravo's Top Chef: New Orleans. Not long after the season wrapped, she moved to the city and, with her husband, opened Compere Lapin to great acclaim.

INGREDIENTS

Baby Goat

- + 5 lb bone goat leg or shoulder-brined over night
- + 4 onions, julienned
- + 1 qt ginger, roughly chopped
- + 1 qt turmeric, roughly chopped
- + 1 head of garlic, halved
- + 1 cup garam masala
- + 8 qt brown chicken stock
- + Satchet d'épices (5 cinnamon sticks, ¼ cup star anise, 1 tbsp clove, 2 cups curry leaves bundled in cheese cloth sack)

Plantain Gnocchi

- + 2 large egg yolks
- + 2t sweet plantains, peeled and cut into pieces
- + ¼-½ lb AP flour
- + Salt

Finished Ragu

- + 4 onions, julienned
- + 1 cup turmeric, finely chopped
- + 1 cup ginger, minced
- + 1 habanero chili, minced
- + 1 cup garam masala
- + 8 cans coconut milk
- + Reserved goat meat, diced into 1-inch chunks
- + Reserved stock

Garnish

- + 15 cherry tomatoes (halved and slightly dried in oven at 300 for 30 minutes)
- + 3 oz arugula
- + 6 tbsp toasted cashews
- + 1 tbsp cilantro

METHOD *Serves 4-6*

1. Baby Goat

Preheat oven to 300° F. Sauté the onions, ginger, garlic and turmeric in oil. Add garam marsala and the sachet and sweat for 5 minutes over medium heat. Add brown chicken stock and bring to simmer. Place goat leg in large roasting pan. Pour hot stock mixture over the goat. Place in oven and braise until tender, basting and turning meat every 30 minutes. Remove meat from bone. Reserve meat and stock.

2. Finished Ragu

Sweat the onions, ginger, turmeric, habaneros in oil. Add the garam masala and stir for 5 minutes on low heat. Add coconut milk, diced meat and reserved stock. Simmer for 45 minutes.

3. Plantain Gnocchi *Serves 10-15*

In a mixer, combine the plantains, egg and a pinch of salt. Add flour a little at a time until dough comes together. Pipe the mixture onto a cutting board, and then cut in to one-inch logs. Place on a floured sheet tray and freeze until ready to use. Cook the gnocchi in boiling salted water. When they float, remove and add to the ragu. Simmer for about one minute. Add cherry tomatoes and greens. Plate and garnish with chopped cashews and cilantro.