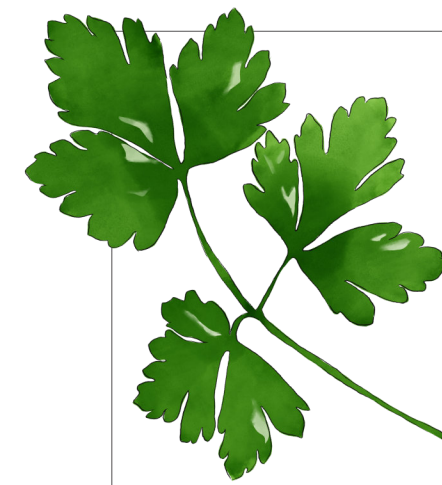
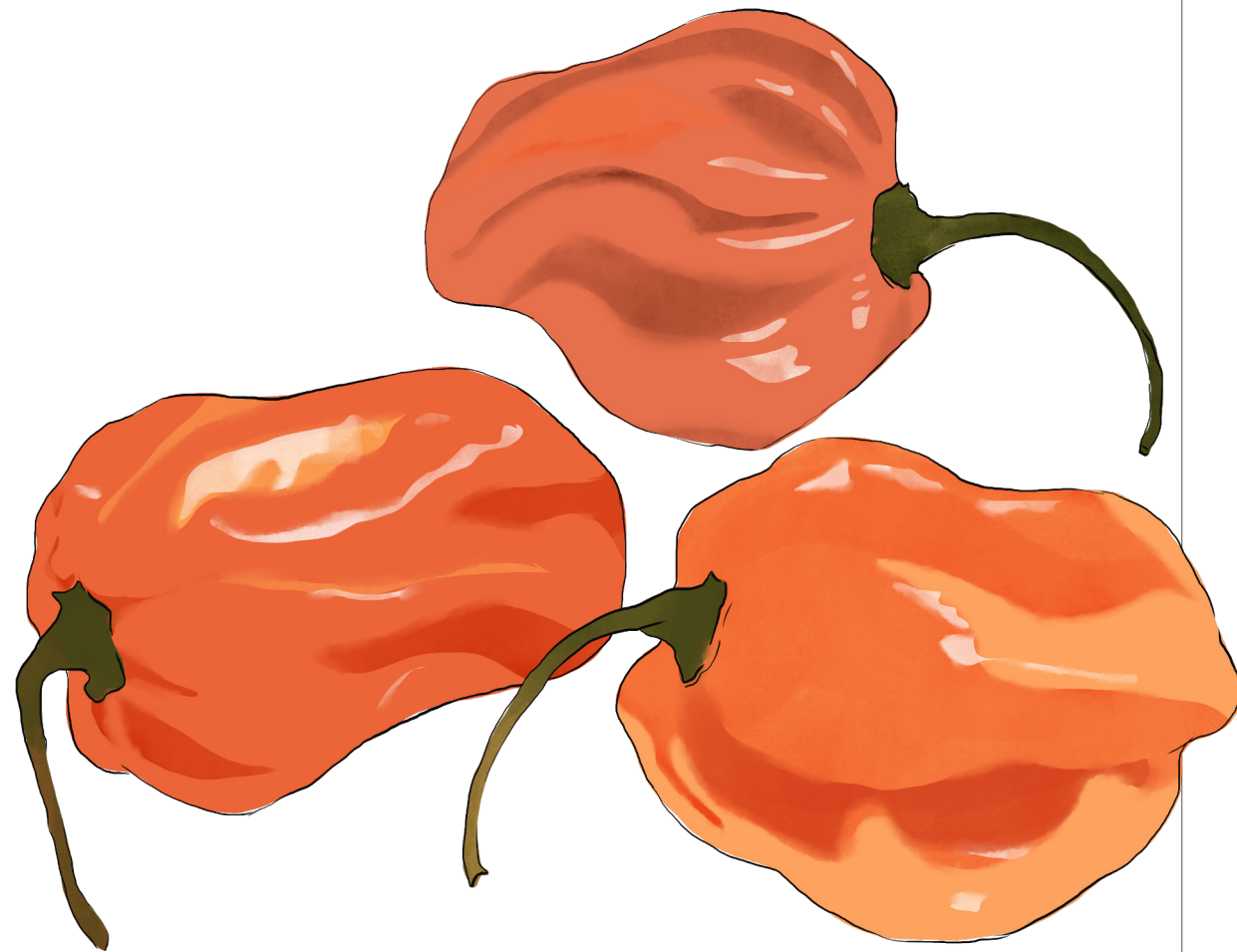


Guelph Caribbean Cuisine

Guelph's Caribbean Cuisine authentic Trinidadian Cuisine since 2008. Family owned and operated by Lorenza, Lochan and Loretta.

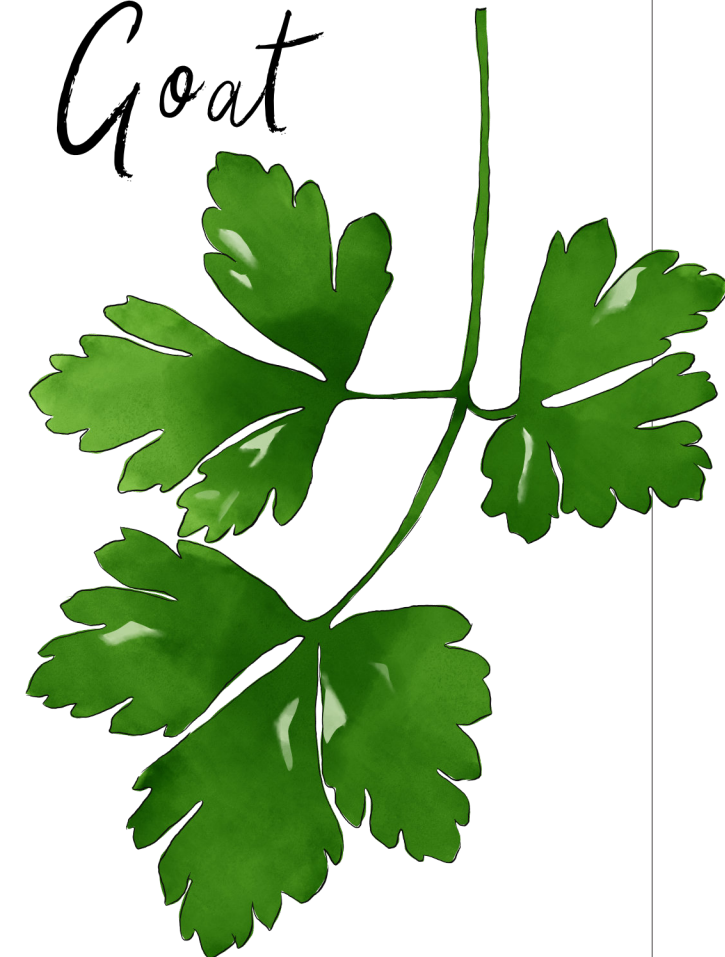
A true taste of Trinidadian street food (doubles, traditionally made Roti and curry with their own special blend of fresh seasonings and pepper sauce. Everything is made in house.



Trinidadian Curry Goat

Ingredients

- 6 Lbs cubed goat meat
- 1 Tbsp Kala brand curry powder
- 1 diced onion
- 4 cloves of garlic
- 1 scotch bonnet or less
- 1 1/2 Tsp salt
- 1 1/2 Tsp black pepper
- 1 Tbsp Parsley
- 1 Tbsp Thyme
- 1 Tbsp Coriander
- 1 Tbsp oil
- 1/4 Cup water



Instructions

1. Heat oil in a large skillet and add oil, onions, garlic and curry powder. Add 1 Tbsp of water.
Stir for a few minutes and add the cubed goat.
Add all other ingredients to the pot and cover with water.
2. Put a lid on the skillet and let simmer for an hour or until tender!



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