

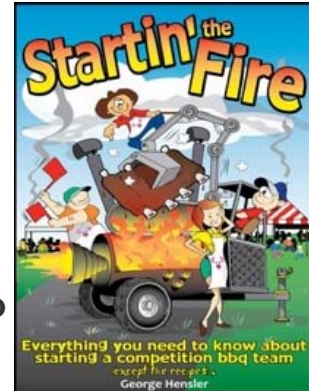


**South Valley, Albuquerque,
New Mexico
Monday, March 15, 2010**

Hello Food Lovers:

Hensler Book Debuts at the Show

George Hensler, author of *Starting the Fire*, made an appearance at the show and signed a lot of books as well. His book is the first ever written on how to start a competition barbecue team. It's also funny as hell. If you missed it, you can order a copy [here](#) or on Amazon.



Get Your Goat, It's *the* Spring BBQ



The central Texas town of Brady has staged the World Championship Barbeque Goat Cook-off for more than twenty years on Labor Day weekend. And they know how to cook it correctly, using ten to eighteen pound goats that have been slaughtered at thirty to forty days of age. The older goats eat grass and develop a distinct muttoney flavor. They can also be tough. The best time to find young goat is around May. *Cabrito* is the Spanish word for young goat.

Purists insist that the only traditional way to cook cabrito is to dig a hole in your back yard and burn mesquite wood down to coals. Then you take the skinned cabrito, season it, wrap it in wet burlap bound with wire, and set

the meat over the coals. You cover it with dirt to seal in the heat and smoke, and let it cook all day.

Known in the Southwest as *cabrito al pastor*, barbecued young goat is a spring tradition that can be duplicated in a grill with a spit or in a smoker. The biggest problem is going to be finding a young, tender 12 to 15 pound young goat and you may have to search out butchers, farmers, or Hispanic markets.

Barbecued Kid Shepherd-Style

You can also substitute a large leg of lamb if you can't find the young goat, and adjust the smoking time downward.

- Your favorite barbecue rub containing chile powder
- 1 12-pound young goat, cleaned
- Barbecue sauce of choice, chipotle recommended
- Flour or corn tortillas
- Guacamole
- Salsa of choice, chipotle recommended

Sprinkle the rub all over the goat and rub it in thoroughly. If grilling the goat, build a mesquite wood fire in a large barbecue with a spit, or use natural charcoal and mesquite chips. Arrange the goat on a spit about 1 foot above the coals. You can use a motor to turn the spit, or turn it manually every 10 or 15 minutes. Cook until the internal temperature reaches 170 degrees F., for well done.

If smoking the goat, place the goat on a rack in the smoker with the smoke from pecan, oak, or fruitwood at 200 to 220 degrees F. Smoke for about 1 hour per pound, or until the internal temperature reaches 180 degrees F.

To serve, slice the *cabrito* thinly and top with barbecue sauce. Serve with the tortillas, guacamole, and salsa on the side, or make tacos topped with the salsa.

Yield: 20 or more servings

Heat Scale: Varies

Hottest Regards,



Dave DeWitt
SuperSite Editor

