ECUADORIAN · LUNCH · DINNER

Seco de Chivo (Ecuadorian Braised Goat Stew)

Seco de chivo

140 min · Serves 4 · 401 kcal a serve · Video 3:21 in Spanish · KWA

Dairy-free · Nut-free

About 42 g protein and 14 g net carbs a serve: lean goat slowly braised in tomato, onion, pepper and beer, a hearty main that keeps blood sugar steady.

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Ingredients 15 · SERVES 4

- [ ] 2 lb **goat meat** in chunks, some pieces on the bone
- [ ] **Lime juice**: juice of 1 lime, to rinse the meat (rinsed off)
- [ ] a little **oil** for searing (about 2 tbsp)
- [ ] a little **achiote oil** (about 1 tbsp)
- [ ] 1 tbsp **garlic paste**
- [ ] 1 cup chopped **red onion**
- [ ] ¾ cup chopped **green capsicum** (bell pepper)
- [ ] **salt** to taste
- [ ] **black pepper** to taste
- [ ] **ground cumin** to taste
- [ ] a pinch of **dried oregano**
- [ ] 1 cup **tomato purée**
- [ ] ¼ cup naranjilla (lulo) juice
- [ ] 2 cups **beer** (a barley-malt lager)
- [ ] ¼ cup **coriander** (cilantro), stems in the stew and leaves to finish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the goat with lime juice and water, rinse again well, drain and pat it dry with a cloth so it sears properly. 0:11
2. Heat a little oil in a very hot heavy pan and sear the goat 3–4 minutes a side without moving it. Lift it out and set aside. 0:36
3. In the same pan, cook the achiote oil and garlic paste for a few minutes, then add the red onion, green capsicum and some of the chopped coriander and season with salt, pepper, cumin and oregano. Let the refrito cook down. 1:21
4. Stir in the tomato purée and naranjilla juice, then pour in the beer and let the alcohol bubble off. 1:57
5. Return the goat to the sauce, add the coriander stems and simmer gently until the meat is very tender and the sauce thick (goat usually needs 1½–2 hours). 2:13
6. Finish with chopped coriander leaves and serve. 2:56

> **Tip** Serves 4 (our estimate from 2 lb goat). Lamb works too. In Ecuador it comes with yellow rice, fried ripe plantain and avocado; avocado and a salad keep it lighter. No naranjilla? Use a little lime juice.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
401 kcal	**42 g**	**16 g**	**2.3 g**	**15 g**	**550 mg**
1,680 kJ	84% of a day	14 g net · 5.7 g sugars	8% of a day	2.1 g saturated	24% of a day
		6% of a day		19% of a day	

Energy from net carbs 16% · protein 46% · fat 38% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Zinc 73% · Vitamin B12 73% · Omega-3 60% · Vitamin C 41% · Iron 35% · Selenium 34% · Vitamin E 21% · Potassium 20%

Source of (10–19%) Vitamin B6 16% · Vitamin K 14%

Recipe and video: KWA (@KWAEC) on YouTube — youtube.com/watch?v=nalrrzDx6ok, published 19 July 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/seco-de-chivo-ecuatoriano