

Goat Tinola Green Papaya Stew

This is my variation on a popular Filipino chicken stew recipe. It's a super easy and popular Filipino dish. Chicken is the most common meat but I used goat. The goat is like a strong lamb, much like in the Middle-East (not bland US lamb).

Green papayas are hard on the inside (obviously because they are not ripe), so when you boil them, they soften and take on the liquid and flavors of the stew, much like a squash will. In fact if I told you it was squash you'd never know the difference. Papayas are weeds around here in Hawaii and these came from a volunteer out our back gate. I eyeballed the ingredients, hence no measurements given.

Ingredients:

Green papaya
Celery
Carrots
Onions
Garlic
Goat (traditionally chicken)

Preparation is simple:

Peel the papaya then cut in half lengthwise and scoop out the seeds. Cube the papaya flesh. Throw in pot of water with celery and carrots. Bring to a boil for about 5 minutes, then let stand while it is waiting for the goat.

Saute' goat, onions, garlic in a pan with sesame oil, some olive oil, heat of choice (sriracha, etc.), fish sauce, salt, pepper, etc. I also threw in some Chinese five spice which blends nicely with the goat. Just be sure goat is browned on outside not fully cooked. Cook it too fast and it's tough. It's a slow-cooker meat for sure.

Throw that all in the pot and bring to simmer, then down to low and cook covered for 2-4 hours. The longer the better. I tried it after 2 hours and it was great. After 4 hours you can serve or let cool then refrigerate to let the flavors consummate the marriage in private overnight for the next day when you reheat and serve. 3 days would be even more fantastic. The papaya really does its thing then.

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