
Hunter Stew with Apple Cider

The apple cider and vinegar and spices create a wonderful flavor.

Revised from a recipe found in Hollyhocks & Radishes cookbook, by Bonnie Stewart Mickelson

Serves 4-6. Prepare in 25 minutes, cook for 1.5 hrs.

We made this stew in a slow-cooker and used goat sirloin steaks instead (trimmed & cut into small stew pieces) because that's what we had in the freezer.



4 strips bacon, cut up

2.5 lbs. goat stew meat in large cubes if possible

1 large onion

2 bell peppers; one red, one yellow, minced

2 sticks celery, minced

4 whole cloves

1 cinnamon stick

1 bay leaf

1 tsp minced fresh ginger root (1/2 tsp powder)

2 C. apple cider

3/4 C apple cider vinegar

Salt, freshly ground black pepper

Fry bacon till crisp in a Dutch oven. Remove, drain on a paper towel. Pour off all but 2 tablespoons fat. Brown meat in several batches.

Cut onion in half and stud each half with cloves. Add to pot with all of meat, plus bacon and remaining ingredients.

Cover and gently simmer for 1.5 hours or until meat is very tender, stir occasionally. Remove onion halves, cinnamon stick and bay leaf.

Great served over brown rice. Enjoy!