

Z'EV

## BONISTSA

a grilled sweet goat or lamb dish with a carrot faux-pasta  
a seasonal meal as easy as one - two - three

### GRILLED SWEET GOAT OR LAMB:

4-6 little lamb or goat chops per person [real lamb - as in the baby versions - and commercial goats - are quite small so 4-6 is not too many]

plus here's a big tip when cooking for people - ALWAYS have what seems to be way to much food - because that is the only way that people will feel comfortable taking as much as they really would like to eat!

1 pear-apple per person [available at oriental markets - pict. #1]



2-4 plums per person [dependent on size]

a big handful of pine nuts

about 6-8 ounces of an organic dry hard apple cider

fine sea salt, black pepper, granulated garlic powder

vinegar with chilies, onions, garlic etc. in it [find it at philippino markets]

olive oil

### ONE

in a casserole lay in some olive oil and a splash of the vinegar - throw in a couple pinches of the salt, grind a bunch of pepper into it [to taste as they say] and then pretty much dust the whole thing over with the granulated garlic - mix it all up with a spatula - your making a kind of cross between a dressing and a marinade -

when done bring the chops into this and coat them up nicely - then set aside for about 20-30 minutes [pict #2]

note: the acidity in the vinegar helps the marinade invade the meat and also sharpens its flavor.

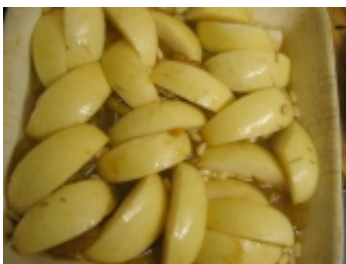


## TWO

cut the apples into 1/8ths - slicing out the cores [which are very apparent in this sort of fruit] and leaving the skin on  
skin the plums and also cut into 1/8ths  
put the apple sections in the final grilling pan skin side down, cover with the plum pulp, throw the pine nuts over that and pour the hard cider over this. [pict. #3]



note: you can also add dried apricots - sliced into  $\frac{1}{4}$ " strips into this mixture as well.  
let it sit for a while and then turn it over with the skin side of the apples out [pict. #4]



## THREE

when the 30 minutes are up for the chops - place in the oven - on grill setting - with the chops at about mid height in the oven and the fruits underneath them [pict #5]



cook the chops to your taste - if the apples aren't steaming hot by then  
[note 1: these apples do not get mushy - they stay real crispy even when cooked - although the plums will pretty much disintegrate and make a sauce with the cider.

### CARROT FAUX-PASTA:

you can prepare this while the chops and fruit are cooking

one and 1/2 large carrot per person

big handful of a mix of dried: raisins, cranberries, chopped dried papaya & pineapple

heaping tablespoon of roasted sesame seeds

an olive oil infused with chili

some apple cider vinegar with a bit of raw sugar mixed in [don't make it too sweet]

the philippino vinegar mentioned above

fine sea salt, granulated garlic powder

### ONE

dressing:

the proportion of oil to vinegar in dressings is totally to taste - for ex. some people like 6 parts oil to 1 part vinegar - for myself I prefer a 2 to 1 mix

so anyway - put about 4 tablespoons of olive and 1 tablespoon each of the apple cider vinegar and the philippino vinegar into the serving bowl for this dish -

add the salt and garlic and grind in the pepper to taste

then drop in the dried fruits and sesame seeds, mix up, and set aside to start bringing the dried stuff 'back to life'

### TWO

With a GOOD peeler start peeling the carrots - you want to end up with a kind of flat rectangular slice - so do a bit on each side [pict #6]



when the peeling is done throw them into the bowl and toss well



THREE

let sit till the meat is done -

put the cooked fruit into a serving bowl, pile the meat onto a serving plate and put the 3 of them out for your guests to go at.