



Pressure cooker goat casserole with trahana

15'
Hands on

50'
Cook Time

6-8
Portion(s)

1
Difficulty



Ingredients

- 2 kilos goat, leg, bone in
- 3-4 tablespoon(s) olive oil
- salt
- pepper
- 2 onions
- 2-3 clove(s) of garlic
- 3 sprig(s) rosemary
- 1 bay leaf
- 1 star anise
- 2-3 cloves, whole
- 1 tablespoon(s) oregano, fresh
- 1.300 g water
- lemon juice, of 2 lemons
- 2 tablespoon(s) mustard
- 500 g sweet trahana pasta
- 2 tablespoon(s) butter
- 50 g mizithra cheese

Method

- Place the pressure cooker over high heat.
- Put the goat into a **bowl** , and add the olive oil, salt, pepper, and spread over its whole surface.
- Transfer into the pressure cooker and sauté for 4-5 minutes until golden.
- **Cut** the onions into small pieces, finely chop the garlic and add it to the pressure cooker.
- In a cheesecloth add the rosemary, bay leaf, star anise, cloves, and tie it well with kitchen twine.
- Put the cheesecloth into the pressure cooker and add the oregano, water, lemon juice, mustard, salt, and pepper.
- Seal with the pressure cooker's lid, lower the heat to medium, turn the safety valve to the proper pressure indicator, and boil for 40-45 minutes.
- As soon as it is ready, turn the safety valve so that the pressure cooker depressurizes. Alternatively, turn off the heat and allow 5-10 minutes for the pressure cooker to depressurize on its own.
- Remove the goat, add it into a bowl, and cover it with plastic wrap so that it stays warm and moist. Throw the cheesecloth away.
- Leave the pressure cooker with the sauce on heat, and add the trahana. Stir for 4-5 minutes until it boils, and remove from the heat.
- Add the butter and mix until it melts. Grate the mizithra cheese and mix.
- Serve with lemon slices, pepper, grated mizithra, and fresh oregano.

To serve

- 1 lemon, slices
- pepper
- mizithra cheese, grated
- oregano

Διατροφικός πίνακας

Nutrition information per portion

704 Calories (kcal)	31.0 Total Fat (g)	12.0 Saturated Fat (g)	45.0 Total Carbs (g)
35%	44%	60%	17%
3.3 Sugars (g)	58.0 Protein (g)	5.3 Fibre (g)	1.2 Sodium (g)
4%	116%	21%	20%